

SPOKE

Conestoga College, Kitchener

September 24, 2001

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Firefighter students persevere

By Sanja Glibota

Conestoga College students in the pre-service firefighter program were saddened by the recent tragedy in the United States, but said it made them even more determined to finish the program.

According to CNN, more than 200 firefighters and about 80 police officers are dead or missing after the terrorist attacks in New York and Washington Sept. 11.

"What happened in New York didn't discourage me from becoming a firefighter," said Christopher Sim, a first-year pre-service firefighter student.

"It actually gave me more determination to become a firefighter. I will be proud to say one day that I am a firefighter."

Other students in the program shared similar feelings.

Sim's classmate, Joel Bromley, said he was not discouraged.

"The incident in New York actually inspired me," he said.

"I'm very proud to be in this profession and there is no doubt all my classmates are going to push themselves to prove that they have

what it takes. We all have that sense of honour to put someone else's life above our own," said Tony Swanburg, also a student in the program.

But silence enveloped the classroom as the students recalled the

sadness they felt after they heard about the deaths of the firefighters in New York.

"Though I'm not a real firefighter yet, I feel like a part of my family died," Sim said, breaking the silence.

"It is a great honour to die in the line of duty," added Swanburg.

He also expressed the hope that more people would have a greater appreciation for firefighters after the tragedy.

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A day of silence and tears



Danny Marceau, a business administration student, and Tammy Boegel, an engineering student, lower their heads during a moment of silence for the victims of terrorism Sept. 14.

(Photo by Denis Langlois)

Ratification vote Sept. 26

By Reni Nicholson

Faculty salaries at Ontario's college remain slightly above high school teachers' pay, but dramatically below university professors' income after the Ontario Public Service Employees Union and the Ontario Council of Regents signed a tentative agreement on Sept. 1.

A ratification vote will be held Sept. 26. If the contract is approved, about 6,500 faculty members at all 25 of Ontario's community colleges will receive increases of up to seven per cent.

Teacher's salaries during the two-year contract, if ratified, will increase by three per cent retroactive to Sept. 1, and by another two per cent Sept. 1, 2002 and by one per cent April 1, 2003.

Those faculty members who have been on the top step of the 20-step income scale for at least one year will receive a bonus \$700 "recognition allowance." This additional benefit affects about one-third of the members.

Increases for high school teachers for 2000/2001 were, on average, 4.3 per cent and for 2001/2002 they have been 3.4 per cent, with many boards still to settle.

Professors at universities receive as much as \$102,100, and university faculty unions are in the process of negotiations.

Working since mid-August, the faculty's union bargaining team had been hoping for a four per cent increase per year and new steps on the pay scale, which would move college faculty closer to the pay scale of their university counterparts.

Walter Boettger, president and faculty representative for local 237 (Conestoga College) and a teacher in the trades and apprenticeship program at the college, said pay raises within the academic year are similar to the methods of pay raises within the high schools.

He also said college faculty should be appropriately paid, putting them somewhere in the middle of the pay scale between high school and university teachers.

"Now that the college will be offering applied degrees, those teachers may have different salaries."

Negotiations for a differentiated salary scale within the college's faculty will be made in the next round of bargaining.

Boettger said he is ecstatic about the speed in which the bargaining and agreement took place.

This is the first time in the history of OPSEU bargaining that a settlement has been reached on time.

He said the mediator who was hired to intervene in negotiations helped this round of bargaining.

"He helped to understand each other's views and helped to build a working relationship between the two sides."

"There will be an overwhelming acceptance," Boettger predicted.

Boettger said he is grateful an agreement was received on time because strikes are instances in which nobody wins. The last OPSEU faculty strike was in 1989.

"A strike is a situation where each side is staring each other down, digging in their heels to see who will flinch first."

Benefits for the contract will take affect Oct. 1. The existing contract will cover benefits until then.

Benefits for dental and hearing have been improved for faculty.

Orthodontic dental care will go from \$2,500 from \$2,000 per lifetime. Crowns and bridges have a \$2,000 annual maximum, apart from other dental work, and hearing aid coverage will go from \$300 every five years to \$3,000 every three years.

CSI activities cancelled

By Tannis Wade

The last thing that the Conestoga Students Incorporated (CSI) was thinking about last week was sumo wrestling and a hair show. In light of current world events two scheduled CSI activities were cancelled.

On Sept. 11 two hijacked planes crashed into the World Trade Center in New York. Shortly after another plane hit the Pentagon in Washington, all part of a planned terrorist attack.

That same day at Conestoga College a show of stuntman events such as sumo wrestling was to take place over the lunch hour. Instead the Sanctuary was filled with hundreds of students watching live coverage of the attacks on the United States.

A Salon Selectives hair show scheduled for the following day was also cancelled, but this time it had nothing to do with terrorism.

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Continuing education participates in KPI survey

By Stacey McCarthy

Doon's college council met on Sept. 10 for the first time this semester to discuss issues of concern on campus, and to raise new issues for the 2001-2002 agenda.

Under discussion was student satisfaction within Conestoga College's continuing education programs and which areas need improvement.

At the heart of council's recommendations for continuing education are the results of last September's third annual Key Performance Indicator (KPI) continuing education survey.

The survey included more than

10,000 continuing education students from the Doon, Waterloo, Guelph and Stratford college campuses.

It was conducted on-campus, involving only those students who were enrolled in continuing education courses that exceeded eight hours in total.

"We didn't want any backlash from students," said Dave Stewart, who presented the KPI results to council. "There are some who only had three-hour courses, and it takes about 45 minutes to complete the survey. We were concerned that if these shorter courses participated they would have lost a great deal of

their training time."

The KPI survey, funded entirely by the continuing education program, was conducted by a third party who compiled the data.

"The directors of continuing education contribute money for the survey, which is why it is completed only every two years," said Stewart.

Though the KPI survey was conducted last fall, the information was not made available until around April for presentation.

As a result of more than 10,000 students participating in the survey last fall, Conestoga College was upgraded from a medium-sized survey college to a

large one.

"In fact we were only a couple of registrations short of having 12,000 registrations," said Stewart. "It's a big upgrade."

The KPI survey questions ranged from what students thought of cafeteria services to their grading of course contents.

More than 116,000 surveys were sent out in Ontario and 80,000 returned. Province-wide, 22 colleges took part in the survey, and Conestoga ranked first in several categories including the price of books, cafeteria hours, overall ease of registration and cleanliness and safety of the school.

Also discussed at the council

meeting was increasing interest in continuing education courses offered online.

Conestoga's distance education courses are done outside the normal classroom. Learning can be done at home, but tutors are available.

Currently more than 100 continuing education courses are now available for online at Conestoga. These include courses like computers, accounting, financial management and taxation.

Interested students can call the information centre at 748-5220, ext. 3656. You can also e-mail questions to geninfo@conestogac.on.ca.

Families worried but supportive

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"A lot of people think that firefighters are just sitting around and waiting. But when the fire comes and when people are at their lowest point, we're calm and we put our lives on the line to save someone else's life," said Sim.

The students said they were aware of the risks present on the job and admitted to be somewhat afraid. However, they said the risk is a small price for doing what will make them complete and happy.

"Obviously there is an element of fear in it," said Scott Williams, also a student in the program. "There is no firefighter who can say he's fearless, but the risks are calculated and you just do the best you can."

"It is a civic duty to try our best to help people no matter what we're facing. I just feel it is the most noble thing to do to try to help others," said Bromley.

Lindsay Francis, a first-year police foundations student, said her decision to become a police officer did not change after she heard about the attacks in the United States. However, she admitted she was always afraid for her father, who is a firefighter.

"When I was younger, I used to

be even more scared for my father," said Francis. "But as time goes on, I try to accept it. He said that if anything happens to him I should know that he is going to die happy doing what he likes to do."

"It is hard to express your grief sometimes when you see so much bad at work. It is hard to take it home."

Sgt. Paul Martin, police foundations teacher

Most of the students in the pre-service firefighter program said they have full support from their families in the choice of their profession. "My family understands how I feel about the civic duty and they think it is a good thing to be able to sacrifice myself trying to help others," said Williams.

However, Bromley admitted his girlfriend was upset after the recent events.

"When my girlfriend saw it she cried for a long time and said that she wouldn't like me to be a firefighter. But that stuff happens. It is a part of the job," he said. "My family understands this is

what I want to do and they stand behind me."

Sgt. Paul Martin from Guelph, who is also a new teacher in the police foundations program, said his career always had a great impact on his family.

"It is very difficult for the family," Martin said. "It is hard for the wife and kids to watch TV and see that all those rescuing police officers and firefighters were killed."

After the recent tragedy in the United States, he said, his colleagues at work were also concerned about what would follow as a result of the attack on the U.S.

Martin encouraged the students to share their concerns and feelings too.

"I think, when something like this comes up, people should talk about it and share their experiences."

"As I mentioned today after the memorial service, the students are coming into a career that might be facing a lot of changes and challenges. The whole society just entered a new phase in terms of how the world functions."

Martin also advised students to deal with the problems as they arise and to communicate with their families.

"It is hard to express your grief sometimes when you see so much bad at work. It is hard to take it home."

Everyone focused on terrorist attack

Continued from Page 1

"It was arranged three months ago, confirmed one month ago and I was fully expecting them to come," said John Olinski, CSI president. "I contacted them and they said that the promotion was no longer running and they had contacted me to let me know that."

Instead of the hair show, Olinski said that Salon Selectives might provide the CSI with sample products to make up for the inconvenience.

"People were very disappointed it was cancelled. There was a lot of interest expressed for this event, even I was going to get my beard shaved off," he said.

However, the wrestling event will definitely be rescheduled. Sumo suits were rented from Checkers Fun Factory, who let the CSI have them on another day with no extra charges. "They could have just stuck us with the bill, but they didn't," said Olinski.

Search for housing a major headache

By Michelle Timmerman

With the decrease of apartments in the Kitchener-Waterloo area, finding housing has become a nightmare for students looking for somewhere to stay while attending college or university.

Conestoga College's student services provides a bulletin board for students in need of housing, where students can post ads for free.

People not attending the college can come in and post ads at a \$25 charge.

A 16-page housing registry is also provided by student services which contains approximately 200 listings, complete with the landlords' names and phone numbers.

"We don't screen the landlords before listing them in the registry," said Carol Gregory, coordinator of student services. "However, we do provide the students with a sample landlord agreement, and if a student has a legitimate complaint on the landlord, they will be taken off of the list."

The registry is divided into two sections, the first being housing close to the school and the second housing farther away.

The average rent for a place in

the registry is between \$300 and \$400 a month for a room and cooking facility.

The listings can also be found on the Conestoga College home page where they are updated every Friday.

Anyone interested should go to and click on services, student services, housing, and housing registry.

"The biggest problem for students is many want apartments for the privacy, and the Kitchener-Waterloo area is lacking apartments," said Marcella Giansante, receptionist for student services, "although there are a lot of rooms for rent."

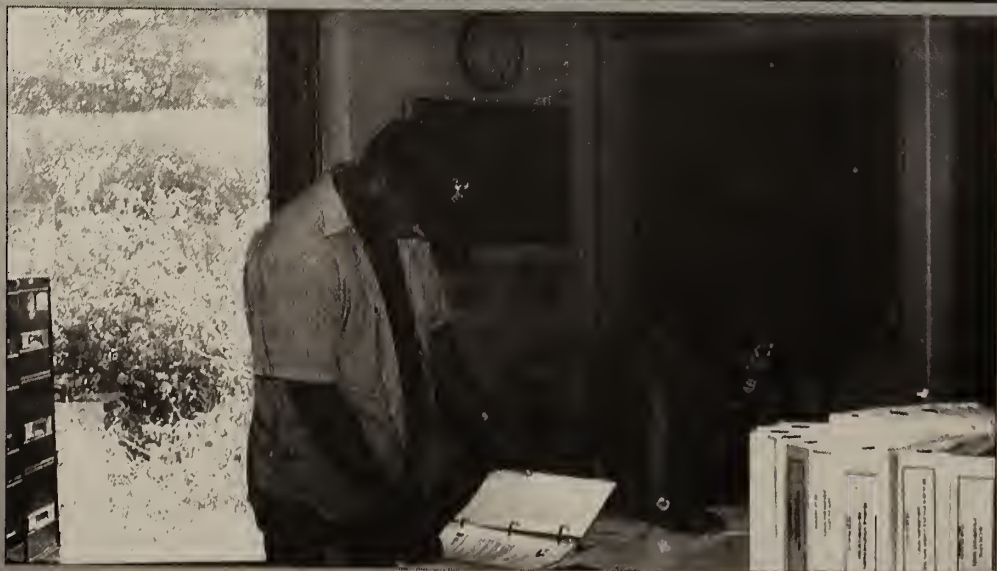
Students who will be looking for a place to live for the 2002/2003 school year should start looking early.

Student services recommends starting in July or August, rather than waiting until the week before school starts.

"Go with your gut feeling when looking for a place," said Gregory. "If it doesn't feel right, don't take it."

Other tips to keep in mind when looking for that perfect place to live are, try and find the housing environment you want, and be patient, looking for a place to live is not an easy process.

Job hunt



Alex Hartemink (left) and Steve Press, law and security students, look through the job files in the student services centre at the college.

(Photo by Nicole Childs)

Adventure in the great white north

By Jody Andruszkiewicz

A new territory that is growing by leaps and bounds has enticed Conestoga's friendliest security official to leave his job at the college.

Cliff Laurin, the site supervisor for Wackenhut security services, is heading to Nunavut Territory to become a corrections officer. Wackenhut is the company that has the contract to provide security services at the college.

"It's an adventure while I'm still young enough to have one," Laurin said, describing his move to the town of Iqaluit.

Not wanting to go unprepared, Laurin said he compiled a folder of information on Nunavut. Iqaluit is a community of 5,000 located on Baffin Island, Canada's largest island.

In an interview on Sept. 14, his last day at the college, Laurin said his memories of Conestoga College will be good ones. His favourite memory is the Stockwell Day inci-

dent that happened last year.

"It's not often we have a politician drenched in chocolate milk," he said.

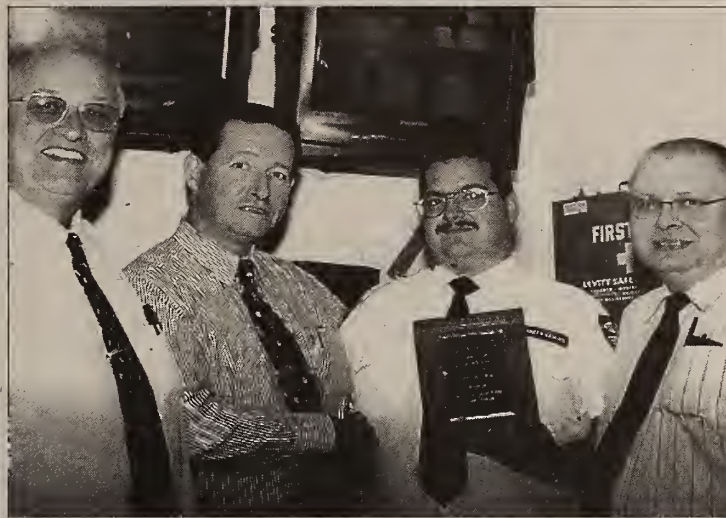
Laurin, who worked for three years as a college security staff member before being promoted to site supervisor, said he is going to miss the staff and students.

Laurin's co-workers are going to miss him as well. Al Hunter, director of security services at the college, said Laurin is "one of those guys that provided many kindnesses."

He added that Laurin always took the time to help people and put on a lot of Band-Aids.

He said 90 per cent of Laurin's day was spent providing services ranging from opening locked doors for faculty to helping students who locked their keys in their cars. He estimated Laurin has helped hundreds of students get into locked cars over his five years here.

Hunter even joked about how Laurin has helped students get into their lockers with security's "master key" that, oddly enough, looks



Security services staff (from left) John Tribe, Al Hunter and Roger Sharpe (far right) say farewell to Cliff Laurin (holding plaque) whose last day at Conestoga was on Sept. 14.

(Photo by Jody Andruszkiewicz)

exactly like a bolt cutter.

"Cliff was mom and dad to a lot of students," he said.

Even though Laurin had a pater-

nal demeanour, his co-workers also enjoyed working with him.

John Tribe, a security representative for Conestoga College, worked

closely with Laurin for the past two years, sharing an office with him over that time.

"Cliff's always been an excellent guy to work with," Tribe said.

Hunter concurred with Tribe, noting that despite Laurin's normal day starting at 7 a.m. and finishing at 3 p.m., it wasn't unusual to find him working at night when Wackenhut was short-staffed.

A normal day for Laurin was spent doing a variety of things including scheduling uniformed staff at Conestoga and providing directions around campus to bylaw enforcement officers. In addition to taking reports of offences on campus, Laurin was also handy around the college. Hunter said Laurin maintained the parking machines as well as helping students start their cars.

"We're certainly going to miss him here," he said.

He added that Laurin's new job will be a tough one because of the physical size of the community but that he thinks Laurin's up to the challenge.

Change-over of nursing program begins at Conestoga

By Denis Langlois

Conestoga is preparing for the change-over of the nursing program from a diploma to a degree by offering them both in the same year.

The change-over comes after the province passed legislation making a bachelor degree the minimum requirement to practise as a registered nurse.

This will be the final year of the diploma program for nursing.

Lois Gaspar, chair of the nursing programs, said the nursing profession would benefit from the province's new legislation, which comes into effect January 2005.

The new program brings many changes, Gaspar said.

It will be structured like other university programs, she said, adding, "It is the same curriculum that is being offered to students at McMaster University."

Gaspar said the degree program will take a problem-based approach and the teacher will not lecture but will act as a facilitator.

"The students will be presented with a problem," she said, "and then they will have to identify what they need to learn in order to solve the problem using the resources available to them."

In order to assist with the change-over, the college will receive start-up funds from the government.

Some of the funds will assist with costs related to infrastructure, renovations and transportation.

Also, the college will receive a grant from the government for ongoing operational costs.

"The students may get frustrated at times because they expect us to have answers and sometimes we don't because the process is so new."

Lois Gaspar,
chair of nursing

The change-over will also result in changes to the minimum require-

ments for entry and an increase in tuition costs.

"The tuition that students pay will be the same as a university," she said.

Even though nurses will be required to have a bachelor degree after January 2005, Gaspar said nurses who are registered before then will not be required to get one.

"Nursing is a profession that requires its members to constantly maintain their competency," she said.

There is a quality assurance program to ensure nurses have the competency necessary for current levels of practice.

Although the change-over of the

nursing program has already begun, Gaspar said there are many wrinkles that still need to be worked out.

"The students may get frustrated at times because they expect us to have answers and sometimes we don't because the process is so new right now," she said.

Gaspar is, however, optimistic that everything will work out fine in the end.

"There is a strong commitment by all three institutions (McMaster, Mohawk and Conestoga) that this be a success," she said.

"So, whatever kinds of problems or wrinkles come up, I think there is a real will to resolve them."

Delay of computers doesn't hinder graphic design students

By Laurie Vandenhoff

At this time of the year, the graphic design wing of Conestoga College would usually be humming with the sounds of computers as students complete their first projects.

However, this year the third-year classroom remains quiet and empty.

Students and faculty have been waiting for weeks for their computers to arrive.

"It's no one's fault," said Matt Miller, a graphic design teacher. "We've ordered the latest and the latest has been delayed."

The graphic design department ordered new 700 MHz iMacs, which were originally scheduled to arrive on Aug. 31.

Initially they had ordered 600 MHz iMacs that would have arrived in July, most likely with no delay.

"Then Apple announced the 700s," said Miller, so the department decided to take a chance on the newer systems, hoping they will last longer and be more functional.

The problem is unique to graphic



Sasha Drummond, a third-year graphic design student, sits where a computer should be in her classroom. Students and faculty have been waiting since Aug. 31 for computers to arrive.

(Photo by Laurie Vandenhoff)

design because students cannot use the computers in other labs around the school because they use Apples.

"In our industry a huge majority use the Macintosh," explained Miller. "When the majority use IBM, we'll use it."

Generally the department changes computer systems every three years, said Miller.

Prior to the upgrade, the third-year students were using a 250 MHz

computer, which are now being used by second-year students.

"It's a pain in the butt. I just want to get things started."

Sasha Drummond,
third-year graphics student

"We have to react to the industry. You can't send people out there

with hardware that's three or four years behind," he said.

These computer packages are introduced as the latest and the greatest, said Miller.

Then all of a sudden the latest and the greatest is having trouble running programs.

One concern of students and faculty is that the delay will affect the semester.

"We're not behind yet," said

Miller. Students have been working on generating ideas and are completing activities that do not require a computer.

"It's a pain in the butt," said Sasha Drummond, a third-year graphic design student. "I just want to get things started."

The department is waiting to hear from Apple before they make any decisions about the semester.

"In two weeks we'll have to extend the semester," said Miller.

Usually by early October students are up to full speed, sometimes with as many as three projects going at one time. The heavy workload will not be possible without computers.

"I'm not cutting any projects. We have a very good course. We don't want to change anything," said Miller.

Students have been really understanding, he said.

"Once the computers are in here, we're ready. We've got everything in place," said Miller.

"If they're on the desk, life is good."

Everyone wins with new contract

A signed teachers' contract will ease the concerns of everyone in the college sector, including the province, students, parents and the faculty themselves.

On Sept. 26 the estimated 6,500 faculty of Ontario's 25 community colleges will vote on whether or not to accept the province's contract offer, already agreed to in principle.

It is important this contract be ratified because students and their parents will have a sense of security in the college sector. It will also mean the level of excellent teaching at these institutions will continue without a sense of impending doom often associated with contract negotiations.

Over the course of the two-year contract, salaries will increase by three per cent Sept. 1, two per cent Sept. 1, 2002, and 1 per cent April 1, 2003. On Sept. 1, 2002, any faculty who have been at the top of the pay scale for a full year will get a further \$700 "recognition allowance" added to their pay.

In addition to the pay raises, the faculty will receive benefits in other areas.

Faculty gained some job security if colleges merge or in the case of layoffs, a wider definition of "experience."

Health services from audiologists, occupational therapists and optometrists have been added to extended health coverage. Faculty are now allowed to claim up to \$1,500 for any combination of the covered services.

In addition to unspecified gains in dental coverage, faculty gained the following in existing benefits: hearing aids go to \$3,000 every three years from \$300 every five years in recognition of technological improvements in the field; vision care is increased to \$300 every two years from \$200, and can be used for refractive surgery as well as eyeglasses.

Also, there is a more expedient grievance process to be installed which will deal with workplace complaints quicker and be less costly.

Contract negotiations can often take months and even years to complete until both parties are satisfied.

One look at how acrimonious contract negotiations are in professional sports, and it is easy to understand negotiating on behalf of about 6,500 individuals can be a very long and drawn out process.

The faculty's old contract expired on Aug. 31, and the new contract was hammered out Sept. 1.

Both the Council of Regents, which bargains on behalf of the province, and the Ontario Public Service Employees Union (OPSEU) must be commended for their diligent work in putting together a contract satisfying both parties.

These contract negotiations could have been disastrous as the province gave its MPPs a 37 per cent raise in late August. OPSEU officials said these raises would be used against the province in bargaining for a new contract.

Had there been a strike or slow contract negotiations, the college sector could have been irreparably harmed.

Students and parents would have been left wondering if there could be an impending strike or if there would be a work-to-rule situation within the classrooms, which would have brought down a lot of heat on the province, the colleges and OPSEU.

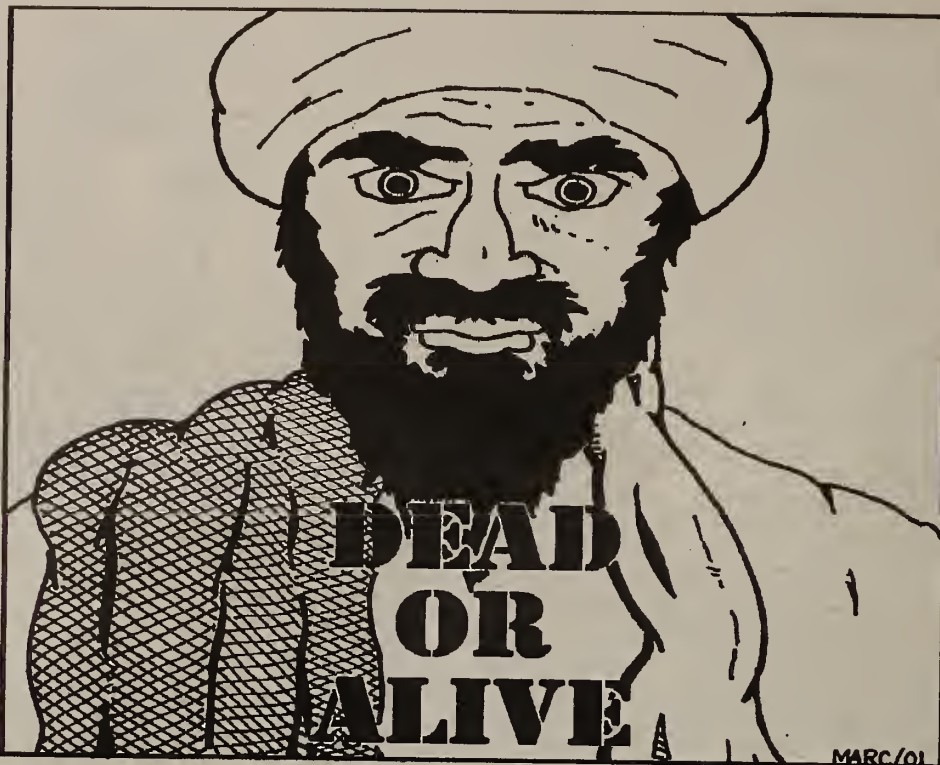
The province would receive a more severe backlash because of the raise it gave its MPPs during contract negotiations.

But these scenarios hopefully won't play out this year as the union's bargaining team has recommended this contract for ratification.

Sept. 26 is an important day for everyone involved in the college sector.

Ratification of the new contract will be a winning move for the continued success of Ontario's community colleges.

WANTED:



Use precious time wisely

After the recent tragedy in the United States, one thought kept echoing in my mind: we have to prioritize our lives without delay. The time we spend with our families and friends should be on the top of everyone's list.

We spend most of our lives pursuing better jobs, high-profile careers, and material goods such as expensive cars or houses. Our lives revolve so much around material possession that there is often not enough time to stop and think about what is really important until tragedy strikes our lives.

When it hits, it is usually sudden and without warning. And only then do we put our priorities in the right order. The first thought that goes through everyone's mind in the panic and fear for their lives is not cars, houses, mortgages or jobs, but family and friends.

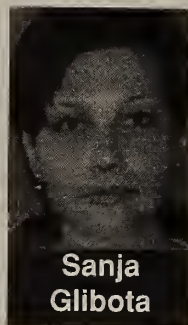
Many New Yorkers will never know what went through the minds of their loved ones who died after the terrorists put their deadly signatures on the World Trade Center towers.

What started as a casual morning for most of the people in New York, who got ready for their jobs and gave their children and partners a quick kiss before they dove into the hectic streets of the awakening city, turned into chaos only

hours later.

Some of them telephoned their families for the last time after the attack, but some never got a chance to say goodbye.

It is almost unbearable to



Sanja Glibota

think about what went through the minds of those who found themselves in the deadly danger after they spent the morning arguing with their families.

The day of the tragic events on Sept. 11 reminded me of the day when I had to, within hours, leave behind all my friends, relatives, familiar places and everything I had ever known. Thirteen years of my life had disappeared overnight when the war in Bosnia started in April 1992.

And now, looking back almost 10 years, I can't remember exactly how the city looked. However, the sadness in my best friend's eyes as she stood at the side of the road and watched me leave town will always be sealed in my memory.

Although it was terrifying to watch the twin towers collapse and the Pentagon in flames, the build-

ings, no matter how impressive, old, big and important, can be rebuilt. However, the fine uniqueness of each human being can never be replaced.

It saddens me that while almost everyone knows that the twin towers each had 110 floors, few know the names of the people who are missing or who died in the attack.

During the war in Bosnia, I met one young woman who was in the army with her husband. She was waiting for the right moment to tell him she was pregnant when they went into the last action together. They ran into a minefield. He died in her arms and she lost a leg.

She never got a chance to tell her husband they were going to have a baby.

Despite all the terrors of the war, she said her biggest regret was waiting for the perfect moment.

She now realizes every day she and her husband spent together was precious and special.

Just like her, many New Yorkers never got a chance to express their feelings, thoughts or secrets to their loved ones.

We only get one life and we must live it to the fullest, while at the same time we must stop taking our loved ones for granted.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Students with kids should have priority at day care

By Marcy Cabral

Picture this: you're at school and you get word from your child's day-care centre that your child is ill. You begin to worry and desperately want to get to your child. You drive the 20 minutes to the day-care facility and wrap your child in your arms in relief.

Now imagine the same scenario, but with your child only a few feet away at the Doon campus day-care centre.

For student parents at the college the Doon campus facility seems to

be the logical choice, that is of course if you can find a spot. With the day care being open to the community, working parents vie with students for spaces.

Conestoga College students take absolutely no precedence over anyone.

Student parents who are taking the initiative to work hard and get an education should be top priority at their own school day care. They're paying tuition to attend the college and in my view that should entitle them to a spot at the day care as well.

Currently, the day care has a waiting list and there is no guarantee when or if spots will become available.

A second-year student at the college completed the necessary forms in March, in the hope of getting a spot at the facility this September, and was told that there should be no problem.

However, in August the student called the day care and was informed that all the placements were taken.

The student was forced to find a spot at another facility 25 minutes

away from the college.

An employee at the day care blamed the situation on students who graduated last year, but chose to leave their children at the facility, which limited the availability.

This entire situation is unacceptable. If the day care's priority was to meet the needs of student parents these circumstances could be avoided.

An on-campus day care is not only convenient, but also beneficial for both parent and child.

First of all, the parent doesn't have to drop-off and pick up their

child at another facility across town.

Parents can also spend breaks with the child, and perhaps most importantly, if anything should happen the day care is only a few feet away.

Student parents who are fortunate enough to attend an institution with a day-care centre, at the very least should have the option to use the facility if they so choose.

The college day-care centre should take a serious look at their policy, and try to address the concerns of student parents.

When do I get my chance to grow up?

Now that the new school year is under way, I am again reminded of how dependent I still am on my parents. When will I grow up I often wonder?

Of course I have grown up, I'm 23 years old. I make my own decisions.

I pay for my own transportation and personal needs. But that's where it ends.

I have been past the age of dependence for five years, since I was 18. My mom still feeds me, does my laundry and drives me places, and I live at home rent-free.

I've also received money from the government to attend post-secondary institutions the past three years.

Although I've had part-time jobs since I was 15, I didn't earn enough to pay for school, rent, or even food.

I look at the lives of some of the friends I've made here at Conestoga, some younger than I, who have cars and even homes. They do their own laundry and cook their own meals. In some cases, they're even taking care of others.

In my mind, they have achieved more independence already. That's where I should be. I'm not even close.

Knowing that they've got something I want makes me wonder if I'll ever get there.

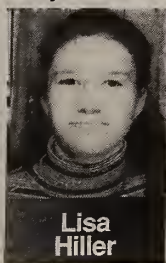
I know I am capable of being on my own and depending on myself. I know I have to do it eventually. What I don't know is when, and how, and that's what scares me.

I also know that I don't have a career yet, I'm only working towards one.

I don't own a car or have one to drive, which makes it awfully hard not to rely on others. I don't have enough money to purchase one because I'm still going to school. And I can't afford to rent an apartment either.

Without at least one of these things, I can't hope to be independent for awhile.

Being on my own doesn't scare me. It's the when will it happen and how will I do it that does.



Lisa Hiller

CollegeHumor.com brings laughs

By Marc Hulet

This column will appear weekly and feature interesting or unique Web sites of interest to students and/or faculty at Conestoga College.

Have you ever asked yourself, "Why don't they make a Web site intended for college kids?" If so, you may want to check out CollegeHumor.com. People who are not in college may also enjoy this site, but it does contain material that some people may find offensive.

Two former Baltimore high school friends, who separated when they went away to college, created CollegeHumor.com just over a year ago.

Despite the fact that they were at different colleges, they discovered many similarities in their experiences on campus. They decided to create a Web site by students, for students. As stated on the Web site, the goal was to "establish a refuge for not only students of

academic levels, but a place for people across the world to go for a laugh."

One of the more interesting areas of the site is the bulletin boards. This area allows you to interact with other people regarding various topics. Some of the topics include advice, sports, television, and drinking games/party tips.

The advice sections are mostly devoted to dating-related questions.

The sports area currently has sections dealing with Major League Baseball, the National Football League and college football.

In the television area, you can discuss things such as the show Blind Date or partake in Simpson Trivia. Commercials are also a favourite topic.

The drinking games/party tips section is very popular. It not only lists favourite drinking games but also students' best puking stories, some of which go into far too much detail.

Aside from the bulletin boards, you can also download video clips from the movie section. These include humorous home videos, commercials and Saturday Night Live skits.

Sound clips can also be downloaded. Many rude noises are available at the touch of your mouse, as well as sounds from South Park and the Simpsons.

CollegeHumor.com also includes an electronic store where you can purchase related merchandise.

Items mentioned for sale include T-shirts, underwear and decals.

However, this area of the site was down for revamping when I visited it.

The site also has a section called Ruminations - The Chronicles of a College Career, a type of diary done by a college student named Aaron Karo. It includes 27 entries from his four years at college (1997-2001). Many of Karo's thoughts and comments in this section have found their way into

e-mail forwards, some of which you may have received from your friends.

The only problem I had with this site was some of the possibly offensive material.

Because college students run the site, one must expect a certain level of immaturity and crassness. However, this site could be equally enjoyable without the extensive swearing.

I don't have a problem with some swearing but at times it seems that people on this site are cursing simply because they can. As well, I feel that the nudity in some of the video clips should perhaps be omitted or edited. There are plenty of funny and enjoyable clips that do not include naked men and women.

Regardless, everyone should be able to find something of interest on CollegeHumor.com.

If you know of an interesting or unique Web site, e-mail me at king_koala@yahoo.ca and that site may be featured in an upcoming column.

School newspaper launches new Web site

By Marc Hulet

On Sept. 17 Spoke launched an online version of the weekly newspaper. The Web site can be found at www.conestogac.on.ca/spoke.

The site was created by Journalism Co-ordinator Christina Jonas and third-year computer programming student Rafa Abdul.

Numerous other newspaper Web sites were looked at to get a good sense of what worked and what didn't work.

"I looked at probably 50 other Web sites - dailies and weeklies - across North America and took the most interesting aspects of those," Jonas said.

Putting Spoke online was a natural progression of the program.

"Most newspapers in the industry have online Web sites and we felt it was time for us to have one as well."

Jonas also said that students around the college should enjoy having the chance to catch up with their news online.

"Students are computer savvy, more so than any other generation has ever been. They have embraced the technology and therefore they

are very comfortable with reading news online."

The Web site is designed to give journalism students added exposure and practise, while offering all students and faculty more-accessible coverage of school activities.

"I think it's very important for students to know what's going on here," Jonas said.

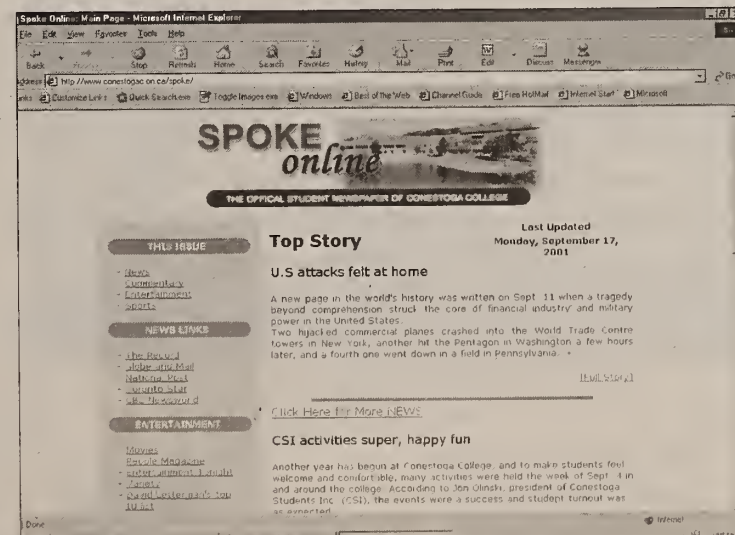
"The journalism students do a good job covering the college and student and employee issues, so we feel the site is of worth to the college."

Having the newspaper online offers readers a number of advantages they didn't have before.

"It makes Spoke more accessible. If students can't get to the campus to pick one up, or there aren't enough copies to go around, there's always enough copies online," Jonas said.

The Web site will be updated every Monday morning and it will carry all the stories that were in the paper edition. However, not all the photos will find their way to the online version.

Spoke Online will also have a number of interesting features not



available in the paper version.

"Part of what I'm particularly excited about is that there's an archive," Jonas said. "It's going to be operating off a keyword search. Any time you research online there's a time-saving factor."

As well, there are a number of links to other sites that students should find useful or interesting.

Students can access TSN, CNN/Sports Illustrated and Roget's Thesaurus, among others.

Jonas chose the links based on student suggestions.

"I talked to students and asked them what they were interested in and I took the ones that they felt they would view."

"We wanted Spoke to not just be a serious site with news."

Car theft a reality

First car stolen from the college this year

By Jody Andruszkiewicz

Conestoga College has had its first theft of a vehicle from a campus parking lot this semester.

Between noon and 2:30 p.m. on Sept. 12 a 1988 blue Ford Mustang was stolen from Lot 4.

There were no signs of broken glass, which is not unusual, according to Al Hunter, director of security services at the college. He said it's obvious a tool was used to pull on the lock assembly, which is how most vehicles are stolen.

Much to the relief of Mike Stryker, owner of the stolen car, the Mustang was recovered on or around Sept. 13 in a bush on the other side of Brantford.

Stryker, 21, said he felt sick to his stomach as he looked all over the parking lot for his missing car.

When it was found he was upset to learn that a couple of teenagers took it and drove the heck out of it. "That's not what my car is intended for."

The first-year construction engineering student said with the parking lots being so big and so close to the 401 thieves can take most cars if they want them bad enough.

Stryker said there should be better security in the parking lots in the

form of patrols or cameras.

The Sept. 12 theft was not unusual according to Hunter, because most thefts happen when students are in class and the lots are full.

"Most students believe these thefts happen under the cover of darkness," he said, adding 99 per cent happen during the day.

"Most students believe these thefts happen under the cover of darkness."

*Al Hunter,
director of security services*

The last car theft occurred on Aug. 8 during the day in Lot 6. Hunter said Lot 10 and the parking lots at the east end of the campus down by the woodworking building get hit the hardest though there is no set pattern.

However, Hunter noted that even though cars are stolen on a variety of days, more cars are taken on Wednesdays and Thursdays.

This does not mean Conestoga is a hotbed of car thefts. Last year was a busy year according to Hunter with 10 cars reported stolen over the course of the year with GMC

pickups being the model of choice. He also said Monte Carlos and Mustangs are more attractive to thieves.

While stolen cars are reported to Waterloo regional police, Hunter said he'd prefer students to first call security at ext. 3357 before the police because security knows the exact location of the lots and can get there faster.

In emergencies, Hunter said to use 911 but also call security so security services staff can get to the front of the school to direct emergency services to the scene of the incident.

He also advised students to inform security immediately if they see loiterers or people looking like they are trying to break into a car.

He said his staff would rather respond to a dozen false alarms than miss a theft.

Even though there have been car thefts on campus, not all attempts are successful. In two separate incidents, one on Sept. 4 in Lot 12 and one on Sept. 12 in Lot 1, car alarms prevented potential thieves from taking two cars.

Reiterating his message from orientation week, Hunter said it's simple devices like alarms that help prevent car thefts.

No 7:30 a.m. classes

By Julie Graham

Students may be unhappy with attending classes that end at 4:30 p.m. What many students may not realize is that their classes could have been scheduled until 5:30 p.m.

Last April, a memo was sent by Conestoga College administration to all program heads notifying them there would be approximately 500 new students attending the college in fall 2001. Due to this overload of extra students, the memo said many classes would have to run until 5:30 p.m.

Aware that 5:30 p.m. scheduling would not be gladly accepted by many students, Conestoga Students Inc. (CSI) took an unprecedented move and became involved with timetable scheduling.

Jon Olinski, president of CSI, and Jody Andruszkiewicz, CSI vice-president of academics, became involved in April 2001, along with college administration, to see if changes could be made to timetables.

"We went through every timetable for every program on campus," said Andruszkiewicz.

From what they saw, Olinski and Andruszkiewicz were able

to make recommendations to college administration. One of their recommendations was that classes, with two or three hour breaks, be pushed together. Olinski and Andruszkiewicz also petitioned students over two mornings during exam week last term.

"Seven-hundred and fifty of our students signed a petition that said they didn't want to be here until 5:30," said Olinski.

"Seven of our 10 recommended classes got moved," said Andruszkiewicz, who noted that it was not just the work of the CSI; college administration played a major role in the changes as well.

Unfortunately, some classes could not be moved due to resources.

"There are classes that go until 5:30 simply because we don't have enough lab space," said Andruszkiewicz.

Manager of College Academic and Administration Services, Donna Runion said students were pleased to see that there were not any 7:30 a.m. classes, another change this year.

Olinski and Andruszkiewicz are happy with the result and are thankful that administration listened to their concerns.

Retailers urge students to apply for holiday season jobs at Fairview Park

By Tori Sutton

Students thinking about working in the Waterloo Region over the Christmas break should be out pounding the pavement soon.

With only 14 weeks till Christmas, many retail stores in the Conestoga College area are already accepting resumes for Christmas job openings.

Usually stores take on students before the semester ends, providing part-time hours, and sometimes offering more hours when students' schedules permit.

"We're not getting enough resumes," said Halima Mcharam, manager of Le Chateau in the Fairview Park Mall. The clothing store usually receives about 10 resumes a day at this time of year.

The store, which employs many students, is starting to look for Christmas help now said Mcharam.

However, some stores are receiving the expected number of resumes from students out job hunting.

"We haven't noticed an increase in people applying," said Smart Set manager Michelle Efthimiou, not-

ing that the average of three resumes a day that the store is receiving is typical for this time of year.

The store, also in Fairview Park Mall, hires only students said Efthimiou.

Many stores will be starting their Christmas hours in October, and the rush will lead to more full-time and part-time positions.

Larger stores like Toys 'R Us, Wal-Mart and Zellers take on many temporary employees over the season, often hiring them to start by the end of this month.

COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town; some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, to familiarize yourself with happenings on campus. You can meet with a counsellor in Student Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Student Services (Room 2B02)



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Visit us now on the web @
www.conestogac.on.ca/spoke

Sexual assaults rare on campus

By Paul Kostal

If history is any indication, than the coming school year should prove safe for students at Conestoga's five campuses.

According to Al Hunter, security supervisor for all of Conestoga's campuses, there hasn't been a single reported case of sexual assault in the three years he's been here.

There has, however, been one case of sexual harassment reported.

He said the harassment complaint didn't take place on a college campus, but instead at the residence, before the college owned it.

Hunter did admit that there are more "common assaults" like fist-fights than sexual assaults on campus. He credits increased security measures on the main campus for the outstanding record.

A number of safety improvements have been made. These include: increased lighting has been placed around the campus; the Walk Safe program has been implemented; a closed-circuit television system has been set up in the main building, the recreation centre and the residence at the Doon campus; the bush trails have been cut back; the security team has a patrol vehicle; and security visits the residence "a couple times a week."

Hunter said he also holds a mandatory information session with all incoming students at the start of every school year during registration to inform them of the dangers that are associated with late nights and walking alone.

Counsellor Barb Kraler of student services, said information sessions like these help change attitudes, which is important, because most sexual attacks on women are committed by men they know.

"There is a misconception," she said, "that most attacks are com-

mitted by strangers in dark alleys."

According to a K-W Sexual Assault Treatment Centre's pamphlet, eight out of 10 sexual assault victims are attacked by an acquaintance.

And that can range from a friend to a husband, Kraler said.

Educational seminars, starting as early as high school, are important to help change prevalent attitudes about sex and relationships.

"Just because you may have had sex in a relationship already, doesn't mean you're entitled to it whenever you want.

"Just because you spent a lot of money on dinner doesn't mean you have a right to expect anything," she said.

Kraler also warned young women to be wary at parties.

"They should go together and look after each other," she said.

And she said that having sex with someone who is unconscious or not aware of what they are doing is still rape.

"Just because they didn't say no, doesn't mean that they said yes."

She also said that just because there may not be a report of sexual assault doesn't necessarily mean there hasn't been one.

"It is a choice, whether or not to report sexual assault," she said. "A lot are never reported."

Kraler cited the high level of shame that some women feel because of the assault as a reason for not reporting it.

Some women might feel guilty that somehow they are partly responsible for the attack, she said, adding there needs to be a shift in attitude regarding acquaintance rape in both men and women.

Kraler also said the many safety initiatives at the college might have helped reduce the potential number of "stranger assaults" on campus.

College pushes for extra express shuttle buses

By Tori Sutton

Problems with on-campus parking, rising prices of gasoline, and not being able to drive are all reasons some Conestoga students take public transit to school.

However, overcrowded buses, class start times and confusion over exactly which bus gets to the school have been obstacles for students so far this year.

Every morning Grand River Transit (GRT) offers an express shuttle bus that departs from the bus terminal in downtown Kitchener at 7:30 a.m. and arrives at the college at 8:05 a.m. Unfortunately, for some students with a 9:30 a.m. start time, taking the shuttle is inconvenient as it arrives at the school almost an hour and a half before their classes start.

In order to alleviate the usually full bus, and allow more students to use the service, there has been a push at the college for Grand River Transit to add a second morning shuttle.

Jody Andruszkiewicz, vice-president of academics for Conestoga Students Inc. and a Grand River Transit passenger, started discussing the idea of an

8:30 a.m. shuttle with the school in September.

Andruszkiewicz thinks that a second shuttle would make it easier for students to get to school, and would lead to less crowded buses.

"If the numbers warrant it, they may be prepared to add extra service."

*Barry Milner,
physical resources*

"It's like a can of sardines sometimes," said Andruszkiewicz, describing the number of students packed on a bus in the morning.

As well, some students have a hard time finding the bus at the terminal on Charles Street, because it is not labeled as going to the college.

"If you don't know where you're going, you're going to get lost," Andruszkiewicz said.

He thinks if more students took the bus, some of the parking problems at the school could be avoided, especially between 8:45 and 9 a.m. when many students are arriving and trying to find

parking spots.

"Taking the bus is a way of life," said Andruszkiewicz. "If we can get more people making that decision, there will be more ridership."

Andruszkiewicz suggested that making bus passes more affordable, and making the transit system more student friendly could also increase the number of people using the service.

Barry Milner, who works in physical resources at Conestoga College and deals with Grand River Transit, said he has been discussing the idea of extra buses in the morning and afternoon with GRT since the end of the summer.

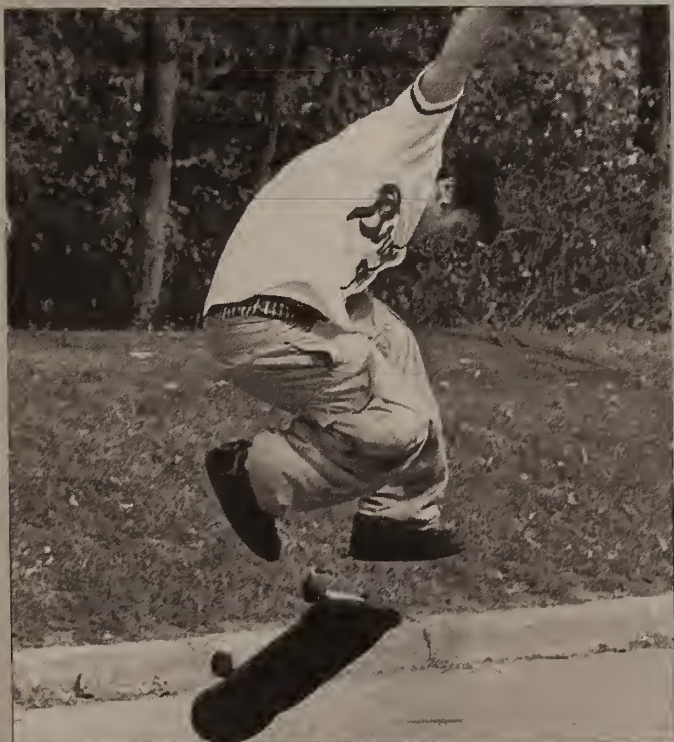
"We would always like to think we could use more transit," Milner said.

Grand River Transit is currently in the stage of evaluating the need for an extra bus, and looking into ridership at different times.

"If the numbers warrant it, they may be prepared to add extra services," Milner said.

Grand River Transit has budgeting limitations, he said, but in order for ridership to increase, the service has to be offered.

Catching air



Josh Brenneman, a first-year graphic design student, practises his moves between classes on Sept. 13.

(Photo by Stacey McCarthy)

What Do You Do...

- ...if you are away from home for the first time and feeling lonely?
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- ...if you are anticipating academic problems?
- ...if you are worried about tests, presentations or your placement?
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Cafeteria hikes prices for fresh food

By Shannon McBride

The hole in your pocketbook is going to get a bit bigger if you intend to buy lunch at the college this year.

Finance Administrator Kevin Mullan said prices in the cafeteria have been raised by three per cent this year. Though the college has some control over the cafeteria prices, Chartwells, the company that operates both of Conestoga's

cafeterias, is primarily responsible for the increases.

Mullan said the major factor determining the price increases this year is the products' specific freshness. For example, the price of the fruit plate has increased from \$2.71 last year to \$2.80 this year and the price of wraps has climbed from \$3.30 to \$3.49.

"Items with a higher spoilage factor are most likely to be more

expensive because it costs more to bring them in," Mullan said.

On the other hand, many processed items have remained the same or increased by small margins because they are cheaper to keep and last significantly longer than fresh foods.

Though prices have increased, Chartwells' increases can be considered positive.

"It is important to remember that

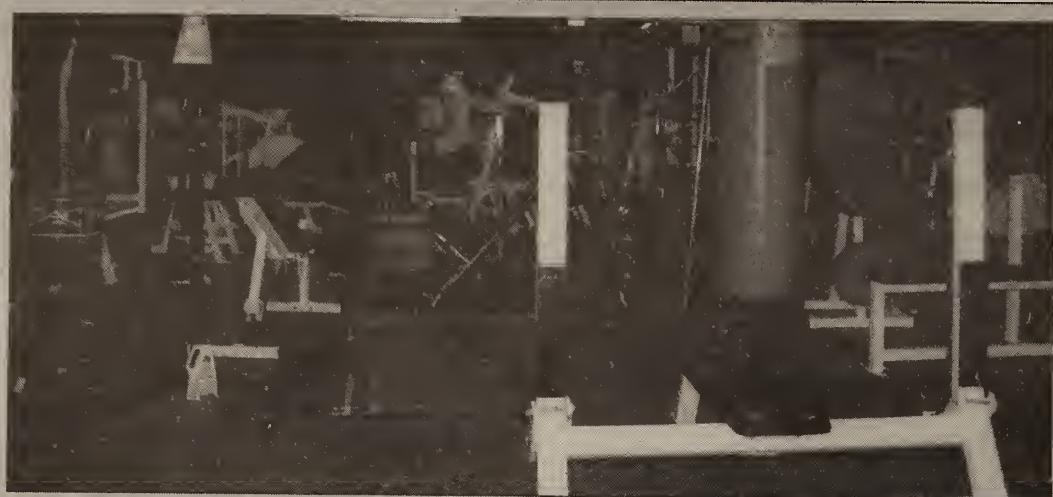
the increase at the college this year is less than the Consumer Price Index for the rest of the country," Mullan said.

According to Statistics Canada and the Consumer Price Index, the national food increase from July 2000 to July 2001 is 4.6 per cent. That is 1.6 per cent more than Conestoga's cafeterias' price raise.

College administration has some control over price increases.

"We have a policy that forces any excess profit from the cafeterias back to the college," Mullan said. "We've never had to implement this policy though."

With such franchises as Pizza Pizza, Harvey's and Mr. Sub in operation, more price control is lost. "Those companies are obviously going to use the same standard prices at every franchise," Mullan said.



The college recreation centre's fitness room became crowded after new Nautilus equipment arrived Sept. 11. A new fitness room is currently being constructed.

(Photo by Paul Kostal)

New steel for pumping iron

By Paul Kostal

As part of the ongoing facelift of the Kenneth E. Hunter recreation centre, more than a dozen pieces of new Nautilus equipment were delivered on Sept. 11.

The facelift, which will be part of Director of Athletics Tony Martin's continuing mandate, includes the sports bar O.T.'s (Over Time), a new fitness centre and a new soccer field where the tennis courts once stood. The new fitness equipment has been placed in the old fitness room for the time being, but, it will be moved to the old sports bar, "the Roost" on the second floor once renovations on it are complete.

Martin said most of the old equipment will be discarded once the new fitness room is established, and the new equip-

ment is being supplied to the college at virtually no cost.

Martin said donations and sponsors are responsible for the new equipment, also citing that money from students has helped pay for the new equipment. With the 15 new pieces of equipment, which have names like the duo hip and back, tricep extension and side and leg curl, students using the fitness centre will be able to do a complete "circuit" of exercise machines.

Two more pieces of equipment have yet to arrive from the United States, due to delayed shipping times because of the terrorist attacks in New York and Washington.

Those pieces are a recumbent bike and an elliptical machine, that will exercise the arms, legs ankles and knees at the same time.

The new equipment that has

arrived seems to have the desired effect.

According to Martin, more students are now using the fitness room, even in its current cramped state. He also said the recreation centre's Web site (www.conestogac.on.ca/rec_centre) has received an increasing number of hits.

"People talk to each other."

The fitness program at Conestoga will be second to none, Martin said adding the expansion and upgrade was necessary.

"Have you seen the fitness room?" he asked.

"It was just terrible. There's nothing worse than going in to exercise and finding that the machine you want to exercise on is broken."

Unfortunately, he said, there is still a problem with inconsiderate users.

Excellence awards encourage students

By Marcy Cabral

Two early childhood education students were both nervous and honoured at a social event on Sept. 12, when they were presented with ECE awards.

Audrey Tang, recipient of the Early Childhood Education Award of Excellence, is currently in her second year and the first student to receive the \$200 award.

"I was surprised, really excited and sort of nervous," she said.

The award is presented to a student who is strong academically and in field placement, has sound interpersonal skills, a positive attitude, and has displayed a commitment to the ECE profession.

Also presented was the Donna McKenna Award, which was named after the founder of the ECE program. Upon McKenna's retirement funds were collected in her name. Rather than receive a retirement gift she chose to establish a \$500 award for students.

"It seemed like a better use of money than presents which come and go, and this hopefully will help somebody in the program," McKenna said.

The award, presented to second-year ECE student Shelley Secrett, requires an individual to receive an A in field placement and a B average in all other courses. The student must also be working at their academic potential and possess the qualities and characteristics needed for ECE.

In her acceptance speech, Secrett said:

"(McKenna's) many contribu-

tions over the years have made the ECE program here at Conestoga College the incredible success that it is today . . . I think I can speak on behalf of all ECE students in thanking (McKenna) for developing a program where dreams can come true upon graduation."

Both recipients agree that the awards can be equally beneficial and encouraging to students in the program.

"I think it's great to acknowledge students that have really strived to achieve their goals," Secrett said.

Tang believes the awards recognize hard work and determination, and give students the incentive to continue working hard.



Shelly Secrett (left), recipient of the Donna McKenna award, and Audrey Tang, recipient of the ECE Award of Excellence, were honoured at an ECE social on Sept. 12.

(Photo by Marcy Cabral)

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Mental health important at Conestoga

By Julianna Kerr

Does your life feel balanced? One Conestoga counsellor thinks that might be the key to a student's mental health.

Co-ordinator and part-time counsellor Carol Gregory can usually be found in student services offering one-on-one counselling, dealing with systems issues and academic complaints, and organizing groups and workshops.

Along with her energetic co-workers, Gregory is focused on the job at hand. "We must meet the needs of the students," she said.

There is lots of change involved when people go to college, she said, and people respond differently to change. There is no standard response. "Change is always stressful, whether it's good or bad," she said.

Gregory and her staff try to make students feel more at home by allowing them to talk about what they're feeling.

"It's important to help them realize they aren't alone," she said. The staff tries to make the office a place where students want to go.

It's difficult for anyone to adjust to a new setting.

"Everyone has adjustment issues," she said, "and it can be even more of a challenge to start out not knowing anyone."

Students need to realize that they will get to know people eventually. Making a connection with others is essential for all people, she said, and getting involved is crucial for students.

One-on-one counselling is voluntary and confidential at student services, as well as free of charge.

"It's up to the students to come in," Gregory said, "but staff does enter first-year classes to make sure students are aware of services."

The most common problem counsellors help students face is depression, but it depends somewhat on the month, Gregory said.

In September, students are responding to adjustment and academic issues.

By October, there is more stress on students, and they're beginning to get tired.

"If anything at all is bothering a student, they can come in to just talk to someone objective who isn't directly involved," Gregory said.

"I hope students will come in sooner rather than later."

Gregory and her staff are avail-

able 8:30-4:30, Monday through Friday on an appointment basis. They see students within two or three days whenever possible.

Gregory said there are also times available daily if a student really needs to see someone.

Making choices is difficult, especially when people are responding to stress from daily workloads, Gregory said.

The key is to find some balance between academic and social relationships.

"Students have overcome so much," she said, "they have tremendous strengths."

Buy a Tim Hortons cookie and feed a schoolchild

By Stacey McCarthy

Conestoga students visiting Tim Hortons over the next two weeks will have the opportunity to give something back to the community while buying coffee.

Local Tim Hortons will be selling specialty cookies in their stores as part of the second annual Smile Cookie Campaign. The cookies, which are made only for the campaign, will cost 75 cents plus tax.

One hundred per cent of the proceeds will go to Nutrition for Learning, a local non-profit organization that distributes funds to nutrition programs in the community.

Operating out of Waterloo, Nutrition for Learning works in partnership with schools, parents, faith groups, corporations, community agencies and volunteers.

"It's very generous of Tim Hortons," said Heather Nagel, executive director of Nutrition for Learning. "We're very excited to be working with them."

"We help wherever a need in the community has been identified," said Nagel. "They invite us to come and help design a program that meets their needs. We don't just go in and say here's the money, go buy some food. We work in partnerships."

Parental committees apply for grant money from Nutrition for Learning which in turn works with these committees to develop the programs.

It's really a hand-in-hand partnership," said Nagel. "It's very exciting."

Nutrition for Learning provides nutrition educational programs for more than 1,400 children in over 40 school communities.

Schools with children from kindergarten to high school are eligible for the nutritional programs.

"It's nice to watch the program grow," said Nagel. "In 1995 when we were just starting out we had

three programs in place at schools. Today we service over 40."

"We work with school and parental committees to develop a nutrition program specific for that school. The committee tells us what they have in mind and what they would like to do. No two programs are alike."

Programs consist of nutritional education, food allergy programs, safety issues or hot breakfast programs.

"We introduce new types of food to children. In some schools a snack bin goes to every class. We provide apples, granola bars, muffins, bagels, things like that."

Nagel said that they are always looking for volunteers to join the program. "It would be great if students from the college could volunteer."

Most of the breakfast programs begin and end before college courses even start. Volunteers can sit with the kids, talk to them and help them prepare and cut their food said Nagel.

"It's a great opportunity. Not only do volunteers help with food preparation, but they can also spend time with the children."

Students interested in volunteering can call for information at 519-579-5745 or e-mail nfl2@on.aibn.com.



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402 KING ST. N. (BESIDE BURGER KING)

Talented students reap reward

Five third-year graphic design students each receive \$1,000

By Daniel Roth

Five talented graphic design students from Conestoga College each received a \$1,000 scholarship from the Registered Graphic Designers of Ontario on Sept. 5.

Sixty-one second-year graphic design students from a total of nine training institutions across the province submitted work to the Registered Graphic Designers of Ontario (RGD) at the end of May 2001.

"I was overwhelmed that I got recognized by the association."

*Mike Bzowski,
third-year graphic design student*

The RGD is a self-regulating professional body for graphic designers in Ontario. It establishes, promotes and regulates uniform standards of knowledge, skills and ethics for all graphic designers in Ontario.

A jury of three senior registered graphic designers chose the winners of scholarships.

Ten scholarships, were awarded in total.

The scholarships were sponsored by various business or corporations in the graphic design field.

Five of the 10 scholarships were presented to students in Conestoga's graphic design program at the RGD's monthly associates meeting in Toronto on Sept. 5.

Third-year graphic design students who received scholarships were:



Third-year Conestoga College graphic design students: (starting at top and going clockwise) Kathryn Grant, Colleen McDermott, Sasha Drumond, Starla Wick and Mike Bzowski each received a scholarship for \$1,000 from the Registered Graphic Designers of Ontario.

(Photo by Daniel Roth)

Mike Bzowski, Kathryn Grant, Sasha Drumond, Colleen McDermott and Starla Wick.

Mike Bzowski, 21, of Brantford, was the recipient of the RGD Ontario award.

"I was overwhelmed that I got recognized by the association," he said, adding he is very proud and views winning as a payoff for all of the hard work.

Bzowski submitted a corporate identity manual as well as Swatch packaging.

Sasha Drumond, 21, of Kitchener, received the Soos Communications Ltd. Award.

"I was surprised and I was really happy," she said.

She added, "I knew that if I won that there was going to be some other people in my class that obvi-

ously would win as well."

Drumond submitted Swatch designs along with packaging for the Swatch, a jazz festival poster and a logo for the Far Side.

Colleen McDermott, 27, of Guelph won the Koskie Minsky award.

"I was really happy, and sort of surprised," she said.

She added that since the contest

was open to all of Ontario she thought the odds of winning were slim.

"I wasn't sure what my chances were," she said.

McDermott submitted a Swatch layout, similar to an ad campaign, an Oktoberfest 10K run T-shirt design and a corporate identity layout.

Starla Wick, 21, of Seaforth, was excited and surprised to win the Philip Sung Design award.

"I knew that if I won that there was going to be some other people in my class that obviously would win as well."

*Sash Drumond,
third-year graphic design student*

She submitted self-promotions, a Web site and CD, illustrations of King Tut and a corporate identity manual.

Kathryn Grant, 26, of Waterloo, also won a RGD Ontario award. She found out that she had won when she checked her e-mail while wait in Amsterdam.

"I was really surprised," she said.

She submitted her award-winning entry, which consisted of a billboard and magazine ads for Swatch, a corporate identity manual and a series of ads for sprinkles.

On average the students spend 12 hours a day in their class working on projects over the course of the school year.

Walk Safe wants to get the message out

Advertising, hiring and scheduling part of new co-ordinator's job

By Lisa Hiller

This year Conestoga College's Walk Safe program has been reaching students in new ways.

Al Hunter, director of security services at the college, said there have been new initiatives introduced by the program to get the word out about Walk Safe.

The students who worked for Walk Safe last year have been going into the continuing education classes to make short presentations, telling students about the program and encouraging them to use it. Plastic key rings in the shape of feet with the college phone number and Walk Safe extension have also been given out to promote the program.

"When it's right in your face on your key ring, it's sort of a reminder," Hunter said.

Walk Safe is a campus safety program in effect four days a week (Monday to Thursday), from 6:45 to 10:45 p.m. According to Hunter, these are the most popular hours because con-ed students are arriving and many full-time students are still around in the computer labs.



Jeff Vongkhamphou, a second-year police foundations student, is the new Walk Safe co-ordinator. Part of his job is to come up with advertising ideas to make students aware of the program.

(Photo by Lisa Hiller)

Two groups, consisting of a male and female per group, patrol the Doon campus each night Walk Safe operates. The two pairs do escorts and patrol the campus from the recreation centre to the far parking lots close to the golf course. If a student or anyone on the school grounds feels unsafe walking to their car or from their car, they can usually find a team of students at a station by Door 1 or Door 5 in the main teaching building. If there is no one there, they are probably just patrolling the grounds or escorting someone else.

The entire Walk Safe staff also carries radios linked to security at all times so ext. 3357 can be dialed to arrange an escort if no Walk Safe personnel are available at the stations.

Hunter said he has received a lot of applicants for the six positions available this year. Six students from last year have remained with the program. The Walk Safe program uses 12 students, and with six students returning from last year there were only six positions available. Hunter also said Walk Safe keeps a couple

of extra students trained in case of illness or other emergency with the regular staff.

Jeff Vongkhamphou, the new Walk Safe co-ordinator, applied for the position this year after hearing that the last co-ordinator graduated.

The entire Walk Safe staff also carries radios linked to security at all times.

The second-year police foundations student applied to the Walk Safe program because he wanted to become involved in the college, because it relates to his program, it's a good experience and because it's a paid position.

As co-ordinator, he takes care of the hiring, interviewing, scheduling and arranging team outings. He also is responsible for advertising the program and purchasing new equipment.

Vongkhamphou said most nights are fairly quiet for escorts. "We take that as a good sign that there's not too much trouble (around the college)."

Addicted to 'body modification'

By Denis Langlois

You see them everyday: people who will do anything to look different. There are some people who have every part of their body tattooed and others who have pierced whatever they could get a needle through. But why do people go to such lengths to stand out in a crowd?

According to Tori Sutton, a second-year journalism student and fan of body modification, everyone has their own motivations for altering their look.

"There could be thousands of reasons why other people do it," she said. "I do it because I like the way it looks."

Sutton, who began piercing her body at age 12, has her ears stretched nearly one inch across, a 10-gauge ring in her septum, a navel ring and a stud in her chin.

"I have been stretching my ears for just over two years," she said. "It shows patience."

Sutton slowly stretched her ears using medical tape and devices

called tapers, which she pushed through her ears to make them larger.

Another reason Sutton pierces her body is because of the way she was raised, she said.

"My dad was a biker, so I was always around guys who were outside of the norm and covered in tattoos."

"I just always knew that I wanted to look like them," she said.

Although Sutton is comfortable with the way she looks, some people are not as open-minded, she said.

"I don't wear my septum ring to work," she said, "because according to them (her employers) it offends too many people."

Also, Sutton said many people stare at her because of her piercings.

"I get bad looks all the time," she said.

Finding a job is not an easy task either.

"A lot of places have policies against facial piercings altogether," she said.

Despite the negative feedback that Sutton has received, she does



Tori Sutton, a second-year journalism student, has been piercing her body since she was 12 years old.



(Photo by Denis Langlois)

not plan to stop altering her body anytime soon.

"I have the rest of my life to pierce and tattoo my body," she said, "so I am in no hurry."

Sutton does, however, plan to stop

stretching her ears once the diameter of the hole reaches one inch.

At the end of the day, Sutton said she is happy with the way she looks and would not do anything to change it. She does, however,

regret not standing up against criticism in the past.

"I wish I defended myself more when I was in high school when people used to say negative things to me," she said.

Focus for Change a focus for improvement

By Mary Simmons

Sally is a single mother of two young children. She is collecting social assistance and feels that her life is going nowhere. She desperately wants to improve her own life and those of her children.

Sally found the help she needed through Focus for Change, a free program for women on social assistance who are 19 years of age or older and want to obtain more satisfying employment situations.

Sally, although a fictitious person, represents the many women who enroll in the program.

Students must be committed to focus on themselves, their education and training, and a potential career, according to Jackie Woodcock, program facilitator at Conestoga College's Waterloo campus.

"The students must learn to think of themselves as women first and then as mothers," Woodcock said. "They must think about where they want to go and what they want to achieve."

Students in the program become



Jackie Woodcock, program facilitator of Focus for Change at Conestoga's Waterloo campus, assists women trying to improve their lives.

(Photo by Mary Simmons)

a very close-knit group and support one another, Woodcock said.

"I'm the facilitator. They do all the work."

Woodcock acknowledged that the program is not an easy one. It is all about making changes and this can

be a difficult thing to do. By the time women take the step to inquire about this program and go through the steps to enroll, however, they are usually at a point in their lives where they are ready to move forward. They are also prepared to

make the decisions about where they want their lives to go and how they want to improve themselves.

"Knowledge is power," Woodcock said. "The more you know about everything, the more you can empower yourself."

The 12-week program is divided into two phases. The first 10 weeks includes courses on career building, employment strategies, personal management, communication and math. Classes run from 9 a.m. to 2:30 p.m., Monday to Friday. Discussions include communicating assertively and changing from the use of negative language to positive language.

The last two weeks of the program places the women in an employment situation, much like a job shadow, where the women can observe and participate in jobs of their own choosing. This allows them to make further decisions as to what kind of upgrading or further education they will need in order to fulfill the goals they have set for themselves.

The program is offered three

times a year. Students are required to attend an information session, after which Woodcock meets with each woman on an individual basis.

Most of the women in the program are referred to it by social services.

There is no cost for the student. The program receives regional and provincial funding, as well as private sponsorship. Women can also receive a transportation allowance and child-care subsidy if they meet the qualifications, which most do.

The program has been available to women throughout the area for approximately 15 years, Woodcock said, adding that it has been very successful. Many of the students have gone on to further education and training programs which have enabled them to take on more satisfying careers.

Similar programs are also offered at other satellite campuses of Conestoga College.

Anyone interested in applying to this program for the next session in January can contact the Conestoga College Information Centre at 519-748-5220, ext. 3656.

Food and beverage program may move to Doon golf club

By Shannon McBride

A Cambridge zone change involving the Doon Valley Golf Club may finally move Conestoga College's food and beverage program from the Waterloo campus to the golf club.

An effort to create better facilities for the food and beverage program at Waterloo campus has been under way for several semesters.

Negotiations began last fall between the college and the golf club.

Gary Hastings, the manager at Doon Valley, said the club decided to expand from its 18 holes to a course of 36 holes.

With this expansion, he said, the club would also improve its kitchen facilities and clubhouse.

Conestoga could then form a

partnership with the club to run the food and beverage program there.

Frank Mensink, dean of business at Conestoga, said an agreement in principle has been reached, but negotiations are not at the point where he could discuss them.

Beth Esenbergs, the food and beverage program co-ordinator, declined comment along with the chef of the program, Phillippe Saraiva.

Hastings said the partnership would be positive for everyone involved.

"Everybody seems to like the idea," Hastings said.

"It will give students an excellent opportunity for hands-on experience."

Using Doon Valley golf club as a working classroom would create

more opportunity for students to work for a consumer.

"The club does a lot of catering and Christmas parties," Hastings said.

"With the expanded facilities, we could double the amount and also get involved with other projects such as weddings."

The golf club will also benefit. During the summer months, Hastings said, many of the students would remain at the club as staff.

In mid-October, a Cambridge zone change, if approved, will allow the club to begin renovations.

Once the course has been expanded, the kitchen facilities can be renovated.

If all goes as planned, Hastings said the program could be under way by the fall of 2004.



Gary Hastings, manager of Doon Valley Golf Club, says he wants to form a partnership with Conestoga College's food and beverage program.

(Photo by Shannon McBride)

Detecting disabilities

Special needs helps students overcome learning problems

By Laurie Vandenhoff

For most students, doing well on assignments, passing a test and being able to read a textbook happens with relative ease.

But imagine for a second, having to achieve those things while battling a learning disability.

While about five per cent of the student population lives with a learning disability, you might not ever realize that it's the person sitting next to you.

"Part of the huge barrier these students face is lack of understanding," says Marian Mainland, co-ordinator of the special needs office.

A common misunderstanding is that these students are slow learners. However, that is not the case at all.

"It's not their IQ that's the problem," explains Mainland. "Parts of the brain don't function properly."

According to information provided by the special needs office, students with a learning disability often have average or above average IQs but it's not reflected in their academic performance.

Sometimes students can get all the way to college without anyone realizing they have a learning disability, says Mainland.

"They are really bright and have learned to cope," she says.

However, by the time they reach college, they begin to feel the affects of their disability. It becomes harder to cope and keep up with the demands of a college workload.

"Usually we see them after the first round of midterms," says Mainland.

Students who approach the special needs office are referred to a counsellor from student services. This counsellor goes through a screening checklist to determine if it is actually a learning disability affecting the student.

"Often they'll come back as ADD (attention deficit disorder)," says Mainland, "or sometimes it is anxiety or depression."

If a learning disability is detected, the special needs office becomes involved.

A counsellor from that department will meet with the student to fully review the student's information. If the counsellor determines there is evidence of a learning disability, the student is put on a waiting list for an assessment.

"Last year we did approximately 90 assessments," says Mainland. "Fifty students are on the list this year."

If a learning disability is suspected or confirmed there are a number of services in place to help students

overcome their disability.

One of the significant services available is the Learning Opportunities Project.

The project was implemented four years ago by the Ministry of Education to determine what services would be most beneficial for students with learning disabilities.

Now in its final year it is evident that students with a learning disability who attend Conestoga College receive more support and services compared to a student attending a college that is not involved with the project.

Conestoga College is one of eight colleges in the province that were chosen for the project by the province's Ministry of Education.

Funding from the province helps provide a number of computer programs, specialized courses, peer support groups and the help of staff throughout the college.

"It has made a significant difference in students' lives," says Mainland.

Without the project these students wouldn't have made it through college.

They would be employed at low-income jobs and bored with what they are doing, says Mainland.

"We're helping these people reach their potential."

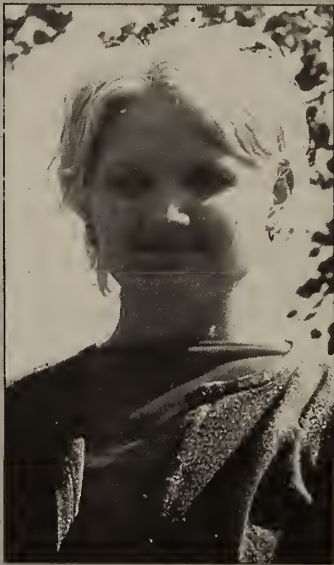
Job hunter gets job at the college

By Mike Metzger

Students at Conestoga College's Doon campus weren't the only ones who felt lost their first day here.

"It's big," said Sara Free, the new student employment officer at Conestoga.

The 26-year-old Brantford native started work in the student employment office Sept. 6. One of her first assignments was flipping hotdogs at the pond party.



Student employment officer Sara Free joined the college on Sept. 6.

(Photo By Mike Metzger)

"I was able to get a sense of how many students there actually are here and the great diversity," Free said. "I was surprised at how many different programs there are here."

After completing a three-year journalism program at Humber College, Free did freelance work for the Brantford Expositor. She also worked as a receptionist at the Fairview Drive Pet Hospital in Brantford for two years.

Free moved to Waterloo with her husband and started a three-year program in communications studies at Wilfrid Laurier University where she still needs a half-credit to earn her degree. She worked in career services and public affairs at Laurier, which she said gave her excellent experience for her position at Conestoga.

Free's job as student employment officer includes providing assistance with writing résumés and cover letters, job searching techniques, and tips for being interviewed. She will be holding workshops and one-on-one meetings with students, as well as helping with co-op placements and projects such as the upcoming career fair.

"This position is great because it's totally working with stu-

dents," Free said. "I'm really excited to be here."

When not working at the college, Free enjoys music, concerts, and snowboarding. She and her husband try to go to Quebec to snowboard every year. Free also likes to cook for people, loves to read, and is trying to find time to do freelance writing. She has already written an opinion piece for the K-W Record on smog.

During the first few weeks of the semester, Free has tried to settle in as quickly as possible. She has already begun critiquing résumés and meeting with students.

"I just jumped right in," she said, adding she wants students to not be afraid of coming to talk to her or ask for help.

"Students are totally welcome to come in and talk about résumés any time."

STUDY SKILLS WORKSHOPS FALL SEMESTER 2001

This is your personal invitation:

Workshop	Date	Time	Room
Time Management	Mon., Sept. 24	12:30 - 1:30	3B14
	Wed., Sept. 26	11:30 - 12:30	2D18
Listening and Note-Taking	Wed., Oct. 10	11:30 - 12:30	2D18
Textbook Reading	Wed., Oct. 17	12:30 - 1:30	3A405
Multiple Choice Tests	Wed., Oct. 24	12:30 - 1:30	3A405
	Wed., Nov. 14	11:30 - 12:30	2D18
Preparing for Final Exams	Mon., Dec. 3	12:30 - 1:30	3B14
	Wed., Dec. 5	11:30 - 12:30	2D18

If you are interested in attending a workshop, please sign up in the Student Services Offices, 2B02.

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Protect yourself during flu season

By Nicole Childs

You feel a tickle in your throat, your nose is stuffed, you're tired and your head hurts. We all know what that means, or do we. With the weather changing and the constant contact with other people at school, catching a cold or the flu is almost inevitable and deciding which you have is as hard as warding them both off.

So what is it exactly that plagues us each year? While many different viruses cause both colds and flu, colds tend to be caused by rhinoviruses while the flu is caused by the influenza virus. The cold and flu season typically runs from November to March but either infection can easily be gotten at any time.

There are many ways to make your illness a little easier but first you have to know what it is that ails you. One way to tell is to examine the symptoms you have. While a cold affects mainly the nose and throat, the flu attacks the whole respiratory system. Other symptoms typical of both are a stuffy or runny nose, fatigue, sore throat, fever, chills, headache and coughs.

There are many other ways to distinguish between a cold and the flu. Pay attention to how fast your symptoms progress. If they come slowly and gradually get worse then it is likely a cold. If your symptoms seem to progress within hours then it is more likely

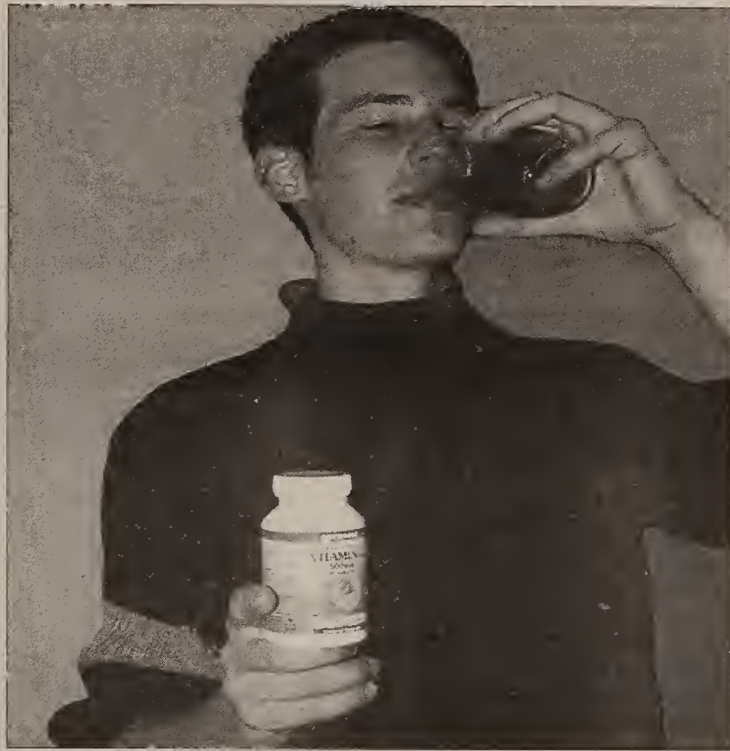
to be the flu.

Checking your temperature is another way of distinguishing between a cold and the flu. If it is normal or only slightly higher than the usual body temperature of 98.6 F then it is probably a cold. If it is very elevated then you most likely have the flu.

Body aches, the level of energy you have and your appetite are other surefire ways of determining what you have. The flu generally tends to drain your energy for use in the healing process so if getting up to go to the bathroom is a strain then you know the culprit is the flu. Colds do not prevent you from doing simple tasks. They are a nuisance but usually don't mean a day off work or from school, unlike the flu.

Once you have made the diagnosis, you have to know what to do about it. As we all know, unfortunately there is no cure for the common cold. Scientists and doctors alike have been trying for years to find a cure but with no success. Although you may not be able to cure it, you can definitely help yourself cope.

As soon as our temperatures rise and our heads start to hurt we run for that little bottle of painkillers. The American Lung Association actually prefers acetaminophen for relieving cold symptoms because it is less likely to upset your stomach than aspirin. The acetaminophen will help reduce fever and relieve mus-



Rob Mayberry, a first-year general business student, shows off how he protects himself during cold and flu season.

(Photo by Nicole Childs)

cle and joint aches. It's also a good idea to refrain from smoking or stay away from people that do because it will irritate your throat.

Any cough syrup you can get at a pharmacy will likely help to relieve symptoms but if you are not the cough syrup type you can turn to tablet form painkillers like Tylenol Cold and Flu.

It is also important to drink plenty of fluids to prevent dehydration and get plenty of rest.

Rob Mayberry, 18, a first-year general business student at Conestoga College, says that he maintains a healthy lifestyle to prevent illness. Mayberry exercises regularly, tries to eat properly and on the occasions when he

does get sick he said, "I let my mom take care of me."

One of the most important things to remember is that though it may just be a cold or the flu you have to know when to see the doctor. If you begin having chest pains, difficulty breathing, severe throat pain or your cough worsens, it's a good idea to go to your doctor.

Now that you know the differences between a cold and the flu and how to cope while you have them you might want to learn some of the ways that you can prevent them both. Being a student in school, it is hard to avoid contact with other people but if you can it is best to avoid people who are sneezing or coughing.

Washing your hands frequently throughout the day is another good preventative measure and try to avoid touching your face. Many times cold or flu viruses are spread through hand-to-hand contact or contact with an object an infected person has touched like a computer keyboard or mouse. When you do have a cold or the flu it is good to be kind to others by covering your mouth when you cough so you won't pass the virus onto others.

The flu vaccination is one of the best defences so far that we have against flu viruses. Luckily the school provides flu vaccinations around October and you can always get one from your family doctor.

GROUPS AND WORKSHOP SCHEDULE FALL, 2001

****REGISTER IN STUDENT SERVICES (Room 2B02; extension 3360)**

GROUP/ WORKSHOP	# OF SESSIONS	REGISTER BEFORE	START DATE	FACILITATOR
Multicultural Support Group	To Be Determined	Wed., Sept. 26	Week of Oct. 1	Shawna Bernard
Gay/Lesbian/Bi sexual/Trans- gendered Group	To Be Determined	Tues., Oct. 9	Week of Oct. 15	Barb Kraler
Test Anxiety Group	4	Fri., Oct. 19	Week of Oct. 29	Joan Magazine
Public Speaking Anxiety Group	4	Fri., Oct. 19	Week of Oct. 29	Shawna Bernard Carol Gregory
Relaxation Group	3	Tues., Oct. 9	Week of Oct. 15	Lynn Robbins
Suicide Prevention Workshop	1	No registration req.; check for date, time, place in Stud- ent Services	Oct. (day TBA)	Barb Kraler
Stress Busters/Walk it Off!!	2 X per week for 5 weeks	Fri., Sept. 28	Week of Oct. 1	Barb Kraler Carol Gregory
Stress Management Workshop	1	Fri., Nov. 9	Week of Nov. 12	Judy Bates
Conflict Resolution	TBA	TBA	TBA	Keith Martin

When signing up for a group, please leave a copy of your timetable, highlighted with times when you are free. Every attempt is made to accommodate the timetables of the majority of registrants. The more times you are free, the more likely it is that we can accommodate you. Once a time and place have been established, we will contact you or you can check in with us if you prefer.

Some workshops have established times and rooms. Check when you register.

Schedule of Dates 2001-2002

2001 Labour Day (no classes)September 3
Fall Semester Classes StartSeptember 4
Thanksgiving Day (no classes)October 8
Final Exam Week.....December 17 - 21
Christmas Holidays (no classes)December 24 - January 6

2002 Winter Semester Classes Start.....January 7
Study Week.....February 25 - March 1

Semestered Programs

	Fall	Winter	Spring
Start date - Semestered Programs	Sept. 4	Jan. 7	May 6
End date - Semestered Programs	Dec. 21	April 26	Aug. 23
One-semester course add deadline *	Sept. 12	Jan. 15	May 14
Two-semester course add deadline *	Sept. 24	N/A	N/A
Course drop deadline *	Sept. 24	Jan. 25	May 24
Refund deadline (program withdrawal) *	Sept. 17	Jan. 18	May 17
Program withdrawal deadline without academic penalty *	Nov. 16	April 1	July 19

* Note: Deadline dates are not applicable to work terms

Irregular Start and End Dates

	Fall	Winter	Spring
Nursing - Diploma Semester VI - start date	Aug. 20	Jan. 7	
Nursing - Diploma Semester VI - end date	Dec. 14	May 10	
Health Office Administration (Spring)			April 29 - May 24
OTA/PTA - end date (Spring)			July 26
Microcomputer Administration Year 1			April 29 - May 24
Microcomputer Administration Year 2			April 29 - June 14
Systems Analyst (semester starts)	Sept. 10	Jan. 7	
Teaching English as a Second Language	Sept. 10	Jan. 7	

Conestoga
College

The answer man

By Daniel Roth

It's hard to believe that Dan Valkos was once one of the biggest skeptics of people with a psychic ability. Especially since he has been doing readings for 32 years.

He teaches workshops on psychic development and reincarnation workshops under continuing education at colleges across the province, including at Conestoga College.

Valkos has also been a guest on more than 120 radio stations in North America.

On Sept. 10 Valkos came to the Sanctuary at Conestoga College to help students with any questions or concerns they had.

"Primarily they're going to ask about their love life, education, whether or not they're on the right track, questions that are important to them," he said.

A lot of the questions are repetitive, he said, and most of the students want to know about the same issues.

"Sometimes the questions can be identical, but just the answers will be different for different students," he said.

Over the course of two hours Valkos figured he would answer three questions each for roughly 125 students.

Fatigue is not a concern as he draws a universal energy to keep him from becoming drained.

Valkos said he thoroughly enjoys going to different schools and helping out the students.



Lisa Giuliani, 20, a second-year broadcasting student from Waterloo, seeks advice from psychic Dan Valkos on Sept. 10. Valkos makes an appearance in the Sanctuary twice a year at Conestoga College. Students are allowed to ask him three questions on anything they like.

(Photo by Daniel Roth)

"If it wasn't fun I wouldn't be doing it anymore," he said.

He describes himself as a clairvoyant, meaning he doesn't need cards or crystals to do readings. He can read people, in essence, just by looking at them.

Valkos said he believes in himself even if someone else may not. "If somebody tries to trick me, sometimes their trick questions are easier to figure out logically than intuitively."

He said it is hard to do a detailed reading based on three questions.

Lexie Rowbotham, 20, a second-year law and security administration (LASA) student, was happy with her reading.

"It was what I wanted to hear," she said. "It was kind of surpris-

ing, some of the answers he gave me, but it's kind of made me happy."

Teri Lynn Zeeman, 33, a second-year LASA student, was impressed with Valkos mini reading.

"He was funny," she said. "He helped me clear up an issue I wasn't exactly 100 per cent sure of."

Lisa Giuliani, 20, a first-year broadcasting student, wished that the reading could have been done under different circumstances.

"You only get three questions," she said. "I would prefer to have more of a quiet, relaxing (reading) just you and him without the whole sanctuary being there with you."

Valkos is looking forward to returning to the college on Jan. 16.

Market still a popular place

By Kathleen Deschamps

Kitchener is famous for its Oktoberfest, but it also has many other attractions to keep people visiting including its Farmers Market.

The market, which serves up a wonderful selection of food, flowers and cultural diversity, has been around for quite some time. The first market opened its doors in 1839, when Kitchener was known as Berlin. The market moved venues until it reached its current home in 1974 at the Market Square in downtown Kitchener.

The market has two main areas; one section has meat vendors, a juice bar, baked goods, and of course, the delicious fudge table.

The second section has a vast selection of fruits and vegetables, many assortments of flowers and plants, and other items such as homemade honey and sauerkraut.

"We serve a huge selection of food," said Stephanie Massel, market manager. "Everything is made fresh, and the prices are competitive with the grocery stores."

The market attracts mainly the downtown community, but is a popular stop for college and university students looking for a bargain.

"We are in direct competition with stores such as Zehrs. They may offer convenience, but here it's a unique shopping experience," Massel said.

Unlike at grocery stores, at the

market you get the chance to interact with the people who make the food, therefore learning more about it. Also, since the middleman is cut out, prices are lower, and the food is fresher.

A popular site at the market is the information stand. Besides giving away free balloons to children, the centre gives away a free bus ticket home to the first 225 people who show they purchased a product. "The tickets usually run out by 9 or 10 a.m.," Massel said. The market's hours are Saturday 6 a.m. to 2 p.m.

The Farmers Market plans to open a new location in the year 2003 that will be even larger than the current one. It will still be in the downtown core, on King Street.

Diggin' deep



Carlos DeMelo, a construction worker, is preparing the ground outside Door 5 at the college for the installation of hydro and telephone lines.

(Photo by Sarja Glibota)

An old artist shows off his great new style

Babyface and Snoop combine to make hit

By Reni Nicholson

So rare is a man who is a true artist.

A man of multi-tasking and extraordinary endeavours is an exceptional find. For rhythm and blues artist Babyface it all comes naturally.

Kenneth "Babyface" Edmonds has grown out of that baby-faced look, added some facial hair and ventured into a new decade of R&B.

Singer/songwriter/producer, Babyface released his 12th album Face2Face on Sept. 11.

Having worked with and produced big hits for Boyz II Men, Madonna, Whitney Houston, TLC, Usher, Toni Braxton, Pink, Mary J. Blige and many more, Babyface's talents and experiences have won him 10 Grammy Awards, including producer of the year for three consecutive years in 1995, '96 and '97.

Beginning his solo career in 1987, he has had 51 Top 10 pop hits and 16 No. 1 hits. Babyface has sold more than \$100 million



Babyface

worth of records since his debut with the group Manchili in the late '70s.

In 1994, Babyface was named Billboard's No. 1 producer of the year and "One of the 50 Most Beautiful People" in People Magazine's yearly edition. Three years later, he was honoured in Gentlemen's Quarterly as one of the "Men of the Year."

Face2Face, the much-anticipated 12th solo release from Babyface, continues to tell stories of heartbreak and relationship troubles. He doesn't detour too far from his usual soothing romantic ballads. This album features a new style of groove-to, upbeat songs like Baby's Mama featuring rap artist Snoop Dogg.

Stressed Out, Work It Out and Lover and Friend show a more contemporary Babyface with defined chords and a soulful feel. Love and Friend joins the group of jazzy, R&B songs that new artists are bringing to the forefront.

This 13-track release from Babyface will not disappoint fans and should also pleasantly surprise new listeners.

WOOLEY by Marc Hulet



How much TV are you watching?

Stats Canada report shows young Canadians watching less television

By Julianna Kerr

How much TV viewing do you squeeze into your busy schedule every week? So many programs, so little time. Is TV taking over our lives? (Not to mention draining our bank accounts...)

Statistics Canada released a report this year about viewing habits in Ontario. I don't know about you, but I was surprised at what they found - primarily the terrible accusations that women in my age group watch more TV than men! I don't believe it. In any case, here's what they discovered.

Ontario women aged 18-24

watched 17.6 hours of TV every week, while men in the same age group watched only 13.8 hours. Curious. Men over 25 watched five hours less every week than women of the same age group! Astounding!

Possibly what surprises me the most were the numbers surrounding kids under 12 years of age. Our young Canadians watch significantly less TV than any other age group. And you'll never guess who was next in line - adolescents aged 12-17.

Our youths are watching at least two hours less every week than we are! Perhaps we should attempt to

tear ourselves away every so often and actually venture outside!

We're actually watching less TV than we did in the first half of the '90s.

Statistics Canada

Statistics Canada blames these hours in front of the TV on cable specialty services. In recent years, we've been presented with altogether too many viewing options.

And those options are increasing all the time! What chance do

we have to break free from the big bad boob tube when there's so much to be learned? Read it in a book? Forget about it! That idea requires way too much effort and an outrageous time commitment on our parts. In spite of these numbers, Statistics Canada assures us that this is good news. We're actually watching less TV than we did in the first half of the '90s, or so they'd have us believe.

Nielsen Media Research is singing a different tune. The Toronto company tracks TV viewing in Canadian homes. A report released in January of this year said that Statistics Canada was wrong.

Nielsen's research finds that Canadians are actually watching more TV all the time.

So who's right? Who knows? I would imagine that you know how much TV you watch every week. As for me, I'll never tell. I will try very hard not to be sucked in by the multitude of new channels available at an outrageous price for my viewing pleasure.

I must admit, however, that the possibility of having a channel dedicated completely to the presentation of old cheesy horror flicks just about makes me cave. Fight the power. Go on an adventure. There's life outside!

Toronto musician hosts intimate Waterloo concert

By Mike Metzger

People were lined up around the block on Sept. 14 to see the man they simply call Hayden.

The Toronto native drew more than 100 people to the Jane Bond Café at 5 Princess St. W. in Waterloo.

The doors opened at 9 p.m. and people piled into the café until it was at capacity, at which time the employee running the door had to turn people away.

Hayden is currently touring to promote his new album, skyscraper national park, which will be available in stores Oct. 16. There are 1,500 special edition albums available at shows before

then for \$20.

Although Hayden is usually accompanied by backup performers, the Jane Bond show was just him, his guitar, and his harmonica.

Former lead singer for Poledo and now a member of Hayden's band, Kid Lunch opened the show. He also had albums available for sale.

It has been about three years since Hayden performed in Kitchener-Waterloo, the last time being at the now defunct Mrs. Robinson's. It has also been about 2 1/2 years since he has done any touring.

Early in the show he commented that he had to keep referring to a piece of paper to see what key

songs were in and what harmonica he should use.

He also couldn't play certain requests because he didn't remember how to play them.

Despite these shortcomings, Hayden managed to keep his audience entertained with his relaxed nature, and honest humour that included embarrassing or bizarre stories from the road.

One story was about a woman who stood in front of Hayden at a show and continuously spit on the stage beside his shoe as he played.

Hayden will be performing in Peterborough at the Gordon Best Theatre Sept. 25, in London at the Embassy Sept. 27, and in Hamilton at the Casbah Sept. 30.

Local musician holds onto dreams

By Janine Toms

This is the second in a five-part series taking a look at musical talent in K-W.

When was the last time you heard a good rendition of the band, The Smith's? If it's been awhile Mark Weston may be the local musician for you.

Weston has been performing in the area for the past seven years, and living off his music for the past five. He also toured out west three times.

Recently, he won \$1,000 in the Songwriters showdown competition in Toronto. Members of the Toronto-based Internet program called The Lofters, videotaped the competition and played it on their half-hour television program. Weston was also asked to perform by The Lofters and appeared for an Internet taping.

Weston, who mostly plays the acoustic guitar, said he has the freedom to play whatever he wants, but lacks the support of a full-piece band.

Playing solo, he finds himself, "right upfront and personable."

According to Weston, he enjoys real music, yet he finds it hard to

name a specific influence. "Everything influences me," said Weston. "I get influenced by my own voyages, walking in the city, seeing tears or emotion." He not only credits what he hears, but also what he doesn't. "Silence is a huge influence."

There are many musical talents out there, which makes for great competition.

"I'm writing for me, one of the millions," said Weston.

However, he is optimistic he'll have greater success in the future because, "I want it more than they do."

Holding onto his dreams with perseverance Weston said, "There are two types of artist. Those that talk about it a lot, and those that do it."

Written with thought-provoking lyrics and intertwined with simple song melodies, his music stays with the audience. "Good songwriters are storytellers," said Weston. He describes his music as intense, and describes his own frustrations with the world.

He said his music is, "Honest, heartfelt, and good enough to sell itself."

With two albums already

released, he is recording his new CD at his home studio. The new album, which should be done in two months, is called Casual Sparing of Thought and will consist of six songs.

A downside to a career in music, according to Weston, would be the loneliness. "Only musicians know what it's like to be a musician."

Much of what he does, tells a story about himself. "Many don't see how personal it is for the performer."

Not every performer sees it that way, unless they take it seriously," said Weston. But he adds that music is a requirement, and is simply about necessity.

He is adamant that one day people will take notice, and like most musicians attempting to make an impact in the local music scene, he finds there is, "Not much support put behind local music in Kitchener-Waterloo."

The songwriter never wants to quit because he believes he is here to write and play music. And he said he is not anywhere near finished being a songwriter.

Weston performs every Sunday night at Falte pub, 85 King St. N. in Waterloo.

HOROSCOPE

By Daniel Roth

Week of September 24-30,

Happy Birthday Libra!

Your dreams are going to be very intense this week. Write them down and the interpretation may help you figure out a current problem. Someone close is going to have good news for you.

Aries: March 21 - April 19.

Now that school is in full swing, and your routine is set don't let little setbacks discourage you from achieving success.

Luckiest day: September 27.

Taurus: April 20 - May 20
Don't be foolish with your money. You may find yourself being financially tied up for the next little while.

Luckiest day: September 25.

Gemini: May 21 - June 21

You may discover that special someone is not as special as you think. Don't hesitate to strive for someone that will make you happy.

Luckiest day: September 26.

Cancer: June 22 - July 22
You may want to listen to your intuition a little bit more this week. Whether it be friends, family or finance, it will pay off in your favour if you do.

Luckiest day: September 30.

Leo: July 23 - August 22
You may still be a little uncertain about some issues in your life. Take the time to consider all your options before you make a decision.

Luckiest day: September 28.

Virgo: August 23 - September 22

If you notice a friend or family member struggling over an issue be sure to offer some advice.

You are more knowledgeable than you think.

Luckiest day: September 30.

Libra: September 23 - October 22

If you feel lost in the dark, rest assured there is light in the near future. If you feel lonely know that your friends are nearby.

Luckiest day: September 29.

Scorpio: October 23 - November 21

Keep your pants on, literally! Otherwise, either you or a close friend may have an unexpected surprise in about nine months.

Luckiest day: September 24.

Sagittarius: November 22 - December 21

You may feel as though you are a bit of an outcast. Don't worry, things are not as they seem. All will be cleared up soon.

Luckiest day: September 29.

Capricorn: December 22 - January 19

If your friends are under the weather use your sense of humour to help them feel better. You are a good friend, and they will remember your efforts.

Luckiest day: September 26.

Aquarius: January 20 - February 18

Don't be frustrated if you are having relationship trouble. A sudden change is in store. Expect the unexpected.

Luckiest day: September 30.

Pisces: February 19 - March 20

Your natural ability to care for others will be an asset this week. Be prepared to help the sick or a friend that is feeling down.

Luckiest day: September 27.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

Spoke can now be read online!
www.conestogac.on.ca/spoke



Condors slide past Sting to win

By Vanessa Laye

The Condors women's fastball team squeaked out an 8-7 win over the Seneca Sting on Sept. 14.

Conestoga got off to a good start in the first inning, with Leah Hexamer hitting a triple and bringing in two runs for the team. Seneca was sitting at zero after the first inning, while the Condors ended up with four runs and four hits to put them in the lead.

Conestoga and Seneca battled it out in the second and third innings, but no one could get to home plate.

Seneca made their comeback in the top of the fourth, with Sarah Deter hitting a triple, getting two runs batted in (RBI) and then scoring to come within one of Conestoga.

In the fifth, Seneca's Angie Knudson hit a triple, bringing in one RBI. Both teams scored two RBIs making it a close game at 6-5



Kristi Freiburger, pitcher for Conestoga's women's fastball team, hits a single in the bottom of the seventh in a game against Seneca Sept. 14 at the college.
(Photo by Vanessa Laye)

for Conestoga.

The Sting lost their momentum in the top of the sixth, but Condor Ruth Yzerman sacrificed a run in the bottom of the inning to put a

teammate on third base in hopes of a run. The deal went through with Karla Seelen crossing home plate, and putting Conestoga ahead by two runs.

Seneca then put the pressure on in the top of the seventh, with the bases loaded. Seneca managed to get in two RBIs to tie the game 7-7, but Condor Karla Seelen drove in the winning run to beat Seneca 8-7.

Brad Scherer, coach of the Condors, said the ladies put forth a great team effort. "We moved the runners and everyone did the little things needed to win the game," he said.

Scherer has 13 players on the team, five veterans and eight rookies. He expects the team to finish first or second in the league.

Ricky Finlay, coach of the Seneca Sting, said it was the women's first game at the college level and that some were nervous. "They (Seneca) need to be more aggressive," he said, adding, "But they'll get it, they'll improve."

Conestoga is one of six teams in the league. Normally the top four teams would continue on to the provincials, but the Ontario

Colleges Athletic Association (OCAA) has changed the format this year. "This is the first year that all six teams will be going to provincials," said Marlene Ford, athletics co-ordinator at the Conestoga College Recreation Centre. The women's fastball provincials will be held Oct. 18-20 at Canadore College in North Bay.

The best performances of the game came from Sarah Deter from Seneca who was 3 for 4 (three hits at four at bats) with five RBIs, and Lindsey Campbell of Conestoga was 2 for 4, scored two runs, and drove in two RBIs.

Conestoga also played on Sept. 13 against Durham but lost 9-5. The best plays of the game went to Jessica Jenkins, Ruth Yzerman, and Alicia Wilson, who were 3 for 3.

The women's next fastball game at Conestoga will be against Canadore Sept. 28.

Intramural sports start off strong

By Mike Sperling

Conestoga College kicked off its intramural sports for the fall term on Sept. 19 with co-ed flag football and slo-pitch teams. Both will run for about the next six weeks.

There are four teams competing against each other this year for football and 10 teams for slo-pitch said Marlene Ford, the athletics co-ordinator for the college.

Each team was required to pay a \$30 bond, which is returnable at the end of the season unless the team forfeits or does not show up for a game.

This bond covers the booking of the diamonds and field time, as well as the use of referees and umpires she said.

The officials for the games are

students who are interested in controlling these games, however, if not enough students come out to referee or umpire, student athletic committee members will assume these positions.

Ford said she does not know if there will be playoffs for both sports because it depends on the outcome of each of them.

"In the last couple of years it's gotten too cold or one team was so far out in the standings that you didn't need a playoff," she said.

According to Ford, it is most likely that football will have a playoff but slo-pitch is still questionable.

There are no uniforms required for any of the teams because there will be a pinny, a coloured vest, available for one of the playing

teams for each game while the slo-pitch players will be allowed to wear any type of clothing they want.

Intramural slo-pitch teams will play on Tuesdays and Thursdays from 4:30 until 6:30 p.m.

While these two sports are up and running, four other sports will begin their registration.

On Oct. 3, registration for intramural ball hockey, non-contact hockey and co-ed indoor soccer will begin while registration for co-ed volleyball will begin on Oct. 9.

Registration for these four sports will run until Oct. 17.

Then on Oct. 17 there will be a captain's meeting for the four sports at 4:30 p.m. to discuss game play and teams.

Falcons crush Condors

By Vanessa Laye

Conestoga's women's varsity soccer team got off to a slow start this season, losing 4-0 to the Fanshawe Falcons at home on Sept. 11, but head coach Stephanie Den Haan said Conestoga will take a lot of teams by surprise.

"This team has the talent to win every game. It will be up to the players to make it a reality, for 90 minutes of every game," said Den Haan, who expects the team to place in the middle of the pack.

Both teams started off strong during the first half of the game, but Fanshawe outhustled the Condors and were first to the ball.

"We have a few things to iron out, but that will come in time, and in practice," said Rebecca Miller, assistant coach and former varsity

soccer player for Conestoga. This was the Condor's first league game of the season and the first time all 18 players were present. With 10 rookies and eight veterans on the team, it was hard for the players to get use to working with one another, said Den Haan.

Positions for each player are still in progress, due to the lack of time for tryouts and exhibition.

"Being aggressive, communication, and teamwork are the keys of success when playing soccer," said Miller. "There is no 'I' in team."

Scoring for Fanshawe were Kelly Peak, Jen Astley and Susie Moussa with two goals.

Conestoga's next home game will be Oct. 4 when they play the Mohawk Mountaineers at 4:30 p.m.

Men's soccer team loses a close one

By Vanessa Laye

The Conestoga Condors men's varsity soccer team played an aggressive game against the Fanshawe Falcons, but came up short with a 2-1 loss, Sept. 12.

Geoff Johnstone, coach of the Conestoga's men's varsity soccer team, said that Fanshawe is a team they should have beat. He considers the Falcons two goals "stupid," and said the goals could have been avoided, but added that mistakes are made.

The first goal was scored by the Falcons in the first five minutes of the game. Fanshawe's Marco Tamasi kicked the ball over the heads of Conestoga's defencemen and into the net.

With Fanshawe leading 1-0 at the end of the first half, the Condors decided to step-up their game. As the whistle sounded the start of the second half, both teams became

aggressive. Slide tackles became both teams' defence tactic as the dominance of the game shifted between the two.

Many shots were taken during the second half, but Fanshawe's Rob Pereira swallowed up a rebound and scored after Conestoga's goalkeeper Ivica Ambramovic was left out of position after blocking the initial shot.

With four minutes left in the game, Conestoga pushed the ball up the field. Condor's hallback Ilias Tsatsas crossed a ground ball to Bojan Djokovic, who tapped it into the back of the Falcons net. The Condors lost 2-1 to the Falcons, but put up a good fight.

Paul Hollander, coach of Fanshawe's men's soccer team, was pleased with the result of the game. He said that both teams played well, but that fitness was an issue near the end.



Bojan Djokovic looks for someone to pass to as two unidentified Fanshawe players rush him during a Sept. 12 men's varsity soccer team game at the college.
(Photo by Vanessa Laye)

"The teams look rusty, but it is still early in the season," he said. "Both teams will improve."

Conestoga's men's soccer team consists of 12 rookies and eight

veteran players this year.

"We have some really good rookies this year," said Sanjeeve Dhanapala, assistant coach of the Condors. "But more exhibition

games are needed to get each player into the right position."

"The rookies have the ability, but are a bit raw," said Johnstone. "They still have things to learn."

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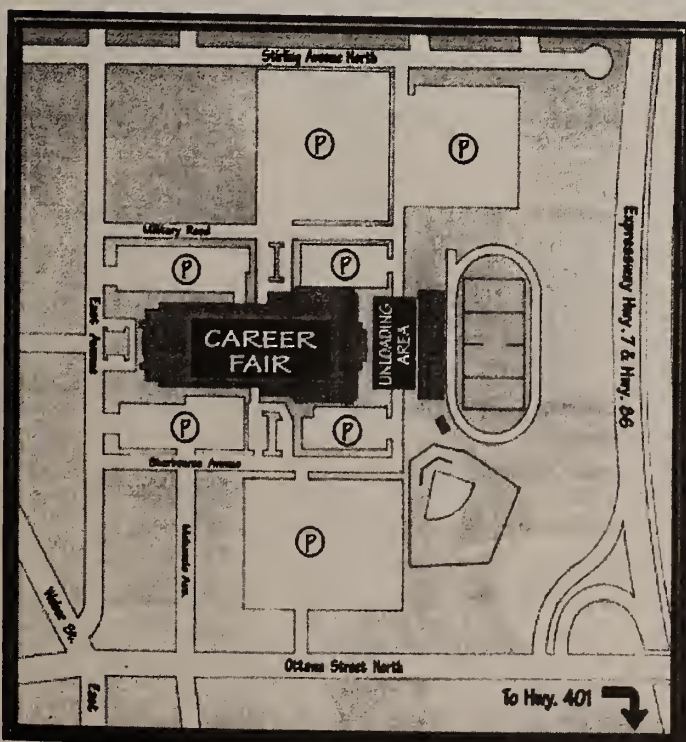
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Guelph Campus	
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Access to the bus is provided from either WLU or UW (See details on Flyers posted at Waterloo Campus)	



Get your application in to be a peer host

By Mary Simmons

If you have a minimum of one hour a week to spend with an international student, then the peer host program at Conestoga College could be just the volunteer experience you're looking for.

Every year, the peer host program hires approximately 25 volunteers to work with international students. Melissa Turner, the peer services administrator, said she is in the midst of taking applications and hiring hosts and will continue to hire throughout the semester.

Turner said that hosts should possess good communication and interpersonal skills. They should also be open to diversity and have a true desire and interest to work with

people of other cultures.

The schedule for those involved in the program is very flexible, Turner said. The service was designed to be an on-campus experience, with hosts meeting with their international students one hour per week at a time convenient to both students.

No preparation or planning is required of the host. It is an informal service where hosts are expected to act in a support and friendship role, Turner said.

The match is made for a minimum commitment of one semester, but students can renew the match for a longer period of time. Some international students decide to get a new host so they can make another friend, Turner

said, while others take a semester off and then come back to the program at a later date.

"We are always looking for more peer hosts," Turner said. "It is a very good opportunity for students looking for a flexible volunteer experience."

"It is a very good opportunity for students looking for a flexible volunteer experience."

*Melissa Turner,
peer services administrator*

The majority of the international students involved in the program are in their first year at Conestoga

College and are very new to the country, Turner said.

The hosts can be in any year of their studies as well. Turner said that students in their first year are more than welcome to apply as long as they have the desire and willingness to learn as much as possible about the college in order to transmit that knowledge to the international student.

International students must also go through an application process. Once the application is completed, Turner meets with each student individually.

Both applications have questions on the students' interests, backgrounds and preferences so the best match can be made.

The language difference can be a

challenge, Turner said, adding that most of the students do very well at overcoming these barriers, finding creative ways to communicate with one another.

Peer hosts also have the option of taking on more than one international student if they have the inclination and the time. Turner said that the majority of hosts match up with one or two students.

Each host must attend a training session for facing the issues that come up with regards to international students. The office is also more than willing to provide hosts with a reference for their resume.

Anyone interested can pick up an application at the student services office, 2B02, in the main building of the Doon campus.

Dan meets Dan (Psychic wannabe meets the real thing)

By Daniel Roth

After a quick meeting with my editor on the morning of Sept. 10, I found myself going down four flights of stairs, the same ones I had just climbed, to the Sanctuary.

I was asked to do a story on what I was told was an X-rated hypnotist. Needless to say I was excited and quite curious.

I headed to the Conestoga Student Inc. headquarters to ask if anyone had seen the talented guest.

After receiving the oddest looks from the secretary she explained that the guest was not X-rated, nor a hypnotist. The students' entertainment for that day was Dan

Valkos, a gifted psychic.

I was embarrassed, but not disappointed.

I have a great appreciation for clairvoyant activities and the paranormal, so I was thrilled to do the interview with Valkos.

And what an experience it was! Valkos is brimming with energy. He has a great sense of humour and thoroughly enjoys his work.

I took the opportunity to ask him some questions about myself, and although personal and not of interest to anyone else, I can assure you his answers were accurate.

Actually, I was more interested in learning about psychic development than having him answer some of my questions.

As you may have noticed, I am writing the horoscopes for Spoke.

(Shameless plug.)

I was hoping he could give me a few free pointers on how to hone my intuitiveness. It would have been like in the Karate Kid when the master trains the grasshopper.

Anyway, Valkos, being a businessman, tried to sell me some of his tapes and enrol me in a few of his courses.

Well, at least I tried.

Overall I was impressed with Valkos and I look forward to interviewing him again when he returns to the Sanctuary on Jan. 16. (I know, it's another shameless plug.)

Until he returns the only free advice you'll be getting is from your friends and my horoscopes, which are featured every week in Spoke. (I'm pretty good at this shameless plug thing huh!)

Everybody wants to be a rock star

By Kathleen Deschamps

Everyone, at least at one point in his or her lifetime, has dreamt of being a rock star. With adoration from millions of fans, more money than one can handle, and the actual lifestyle itself, what's not to like?

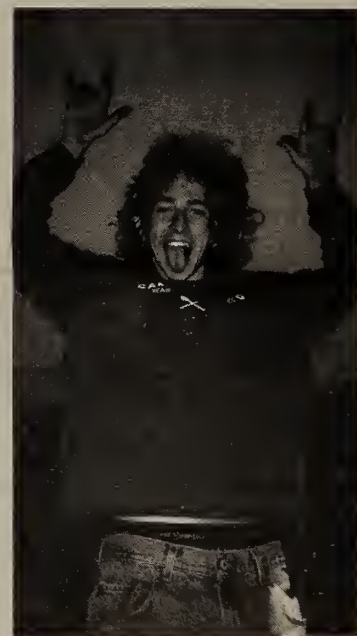
In the movie Rock Star, Mark Wahlberg discovers what it is like to go from listening on the sidelines to becoming the lead singer in his favourite band, all the while learning the ups and downs of being famous.

The movie takes place in Pittsburgh in the mid-'80s. Wahlberg plays Chris Cole, the lead character who is obsessed with his favourite band Steel Dragon. In his spare time, Cole is the lead singer in a tribute band to Steel Dragon called Blood Pollution. Cole is driven to perfection and stops at nothing to make sure the band honours Steel Dragon by playing the songs without a flaw.

By Cole's side all the way is his long-suffering girlfriend and band manager Emily who is played by Jennifer Aniston.

Everything comes crashing down for Cole when his band fires him. Cole's luck gets better though when a Steel Dragon manager spots his work and invites him to New York to try out for the gig of lead singer because their previous lead man left the band. Cole gets the gig, takes his girl with him and has the typical rock star life for the next several years. Without giving away the rest of the movie, Rock Star shows a stereotypical rock life. Parties are filled with drugs, sex, and groupies. Cars drive fast and tempers in the band flare. The main dilemma in the movie is the obvious cliché. What is more important in life, the gig or the girl?

Wahlberg is enjoyable in his role, but that was about the only thing believable in the movie. The plot was enjoyable to watch, but with all the typical rock and roll clichés, one couldn't help but be cynical. It was too convenient that Cole got the gig the same week he



James Doyle, first-year journalism print and broadcast student, pretends to be a rock star after watching the movie of the same name.

(Photo by Kathleen Deschamps)

was fired from the tribute band. And most girlfriends wouldn't be willing to stand by and watch their boyfriend wander off with gaggles of women.

The movie without the stereotypes of rock star life was enjoyable to watch, and there were moments in the movie that were very humorous. A high point was during the credits when they played Mark's early '90s hit Good Vibrations from when he was a rapper in the band Marky Mark and the Funky Bunch.

The movie ended up being a feel good story. Cole says, "I grew up with their posters on the wall and now I'm one of them ... dreams do come true." Even if this is a little cheesy it is still fun to believe.

Overall the movie was worth the price of admission, and the musical sounds of the '80s keep you bouncing in your seat. This is a great date movie, or one to see with a group of friends. My overall rating is three and a half popcorn kernels out of five. Rock on!



Employees of Automated Tooling Systems rode the 30-seat bicycle on Sept. 12.

(Photo by Janine Toms)

Fundraiser features bike made for 30

By Janine Toms

What has 30 seats, 60 pedals and 30 handlebars? The Big Bike for Stroke of course! Corporate and community groups rode the 30-seat bike to raise funds for research and awareness. Conestoga College also participated in the annual event on Sept. 12.

Amy Kaal, area co-ordinator for corporate pledges, said the bicycle

was built by a company in Calgary, and is in its seventh year. The event runs across the province from April to October.

Seventeen different K-W companies participated in the two-day event. Conestoga College participated for the second year.

College President John Tibbits, who rode in the event, said the fundraiser involved students and faculty and raised the school's

public image.

Each rider had to contribute at least \$50 in pledges to participate in the three-kilometre ride operated by The Heart and Stroke Foundation of Ontario. Those who participated received a bucket hat with an event logo from the foundation for their contributions. Future events for the Heart and Stroke include the Mother Daughter Walk for Heart and Stroke.

College students all washed up

Car wash raises \$295 for hospital

By Michelle Timmerman

Conestoga College students reached out and showed the community that they too, can make a difference in people's lives, when they hosted a charity car wash Sept. 15.

The event ran from 10 a.m. until 3 p.m. at the Conestoga Residence and Conference Centre, with the proceeds going to the Sick Kid's Hospital in Toronto.

"We were brainstorming ideas to try and get the college's name out into the community, and one of the other resident advisers knows of someone in the Sick Kids Hospital, so we thought it would be a good idea to host a

car wash for sick kids," said Michael Packman, a second-year computer programming analyst student, who is also a resident adviser.

The approximately 15 students who helped suds up the cars pulled in \$295 for the hospital.

Students helped promote the charity car wash through flyers, roadside signs and by placing an advertisement in The Record.

They also had an advertisement on the college's radio station CJIQ 88.3.

Teresa Perryman, a resident adviser at the residence, did her share in helping the hospital by raising \$132 in a wheelchair race, which took place Sept. 16.

Cookie campaign



Heather Nagel, executive director of Nutrition for Learning in Waterloo, models the apron for this year's Smile Cookie campaign being held in conjunction with Tim Hortons.

(Photo by Stacey McCarthy)

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